

RINGSIDE REPORT

CANDID INTERVIEW

PASCAL 'KRUSHED'

Sergey Kovalev turns back a valiant effort from the local

ADAMS' FIGHT FOR PEACE

Golden girl talks one-armed victories and charity work

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BOXING Contents

March 19, 2015

4 WELTER BELTERS

We analyse the 147-pound scene and urge the elite to meet

HIGHLIGHTS

» 8 NEWS

Everything you need to know ahead of the Mayweather-Pacquiao megafight

» 14 ACTION

Kovalev shows more strings to his formidable bow against Pascal

» 30 FEATURE

Brandon Rios is back to his best and tells us about his ambitions

» 34 FIGHTING FIT

Carbohydrate explained, plus Callum Johnson has his diet scrutinised

Photos: ERIC BOLTE/USA TODAY SPORTS



HIGHLIGHTS

» 5 GUEST COLUMN

Nigel Collins on Manny's money

» 10 HEROES AND VILLAINS

This week's highs and lows

» 12 Q&A

Antonio Tarver is no youngster but still plans to topple Klitschko

» 18 ACTION EXTRA

Berto and Porter make inside-schedule statements in California

» 20-27 RINGSIDE REPORTS

From South Africa, Newport and more

» 40 AMATEURS

Nicola Adams talks to us about her career and work with Fight for Peace

» 46 60-SECOND INTERVIEW

'MY FAMILY TOLD ME TO REMAIN FAITHFUL TO MYSELF AND ALWAYS KEEP MY FEET ON THE GROUND'
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- HEAVYWEIGHT king Wladimir Klitschko speaks exclusively to us about the young pretenders to his throne.

- WE preview Kell Brook's maiden IBF welterweight title defence in his Sheffield hometown against Romania's Jo Jo Dan.

- IN the Fighting Fit section, we feature the third part of our strength and conditioning series.

- ALL the action from Germany is covered, where Juergen Braehmer puts his WBA world light-heavy belt on the line against Robin Krasniqi.

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LEFT OUTSIDE ALONE

The 'other' world-class welters need to start facing off



ITH the general focus so understandably fixed on the Floyd Mayweather-Manny Pacquiao "Fight of the Century" and its impact on the sport as a whole, it's easy to disregard the less positive impact the long-awaited showdown has exacted on their weight-class. The welterweight division boasts outstanding strength in depth but when Manny and "Money" finally put pen to paper, many 147-pounders – several of whom are current or former world champions – were left without dance partners for the summer.

This would not be so much of a problem if all these guys were now chomping at the bit to face each other, but if the huge May 2 contest fails to stimulate interest in a rematch, both Mayweather and Pacquiao will require fresh opponents for the autumn, leaving their aspiring rivals reluctant to take risks in the meantime.

Let's look at the evidence. WBA 'regular' champion Keith Thurman, a recent and dominant victor over Robert Guerrero, is eager to meet the May 2 winner, so his team are talking about a fight with the much smaller and less talented Marcos Maidana in the short term.

Kell Brook, the IBF king expected to get past mandatory challenger Jo Jo Dan next week, has also mentioned Maidana as a summer foe, with a few soundbites reserved for Mexican legend Juan Manuel Marquez. Now that would be an excellent match but Marquez has not fought for 10 months and a vast purse would likely be required to bring him to England.



'BRANDON RIOS COULD BE A MARKETABLE NEMESIS FOR ANY OF THESE MEN'

of a September "Fight of the Century II" and that, even if this does not come to pass, only two of their number can win that particular lottery. The future is clouded in mystery, gentlemen: time to concentrate on the present.

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RELEASE THE BEASTS

- SERGEY KOVALEV and Gennady Golovkin are rapidly becoming two of the best pound-for-pound fighters in the world. Hugely popular within the hardcore boxing fraternity, these beasts from the East are beginning to garner mainstream attention with their dominant and destructive televised performances on both sides of the Atlantic.

Last Saturday (March 14), just three weeks after middleweight monster "GGG" dropped quality Brit Martin Murray three times en route to a scintillating stoppage success in Monte Carlo, it was Kovalev's turn to showcase his terrific talents. The iron-fisted light-heavy "Krusher" became the first man to both floor and stop former world champion Jean Pascal, and he did it in the Haitian-Canadian's Montreal backyard too [see pages 14-17].

It is clear that Golovkin and Kovalev fear no one, and rightly so. However, instead of being matched with WBC kingpins Miguel Cotto and Adonis Stevenson respectively in their next outings – two tussles that would delight fans and determine divisional supremacy – Gennady will face Willie Monroe Jnr, while Kovalev will likely oppose Nadjib Mohammedi. It is a real shame that the truly defining duels are seemingly out of reach, for the moment at least.

Photo: ACTION IMAGES/REUTERS/TYRONE SIU



MANNY'S MONEY

Generous Pacquiao may be running out of cash



**Nigel
Collins**

**Boxing
historian**

MANNY PACQUIAO has always lived life on the edge. It's a big part of who he is and what he's accomplished. The same daredevil mentality that drives him inside the ring permeates every facet of his life, including the management of the fortune he's earned with his fists.

According to *Forbes* magazine, if you include the estimated \$30m from commercial endorsements, Pacquiao has made in excess of \$300m. That is a staggering amount of money, but exactly how much of it is left is something even Manny might not know.

Although he certainly leads a lifestyle befitting a superstar and employs a huge staff, that's only a part of a financial boondoggle (Google it) that is consuming money faster than Manny can make it.

Pacquiao's generosity is legendary. People line up at his doorstep looking for a handout on a regular basis and are seldom turned away empty-handed. He has financed businesses for various members of his extended family, virtually all of which have failed to turn a profit.

In February, Pacquiao attended a groundbreaking ceremony for a church he is building in General Santos City that will cost him around \$6.7m.

Even more expensive will be his campaign for a Senate seat in 2016. Pacquiao was elected to the House of Representatives in 2010 and re-elected in 2013. It was estimated that his campaigns cost roughly \$6m in 2010, and slightly

less in 2013 because he was the incumbent. He also finances the campaigns of friends and family running for lesser offices on the same ticket.

"Running for Congress will cost Manny a lot more than running for a seat in the House of Representatives, at least \$10m," said Ted Lerner, an American journalist who has lived in the Philippines for 20 years. "If anything ruins Manny financially it will be politics."

Then there is a draconian tax situation currently in Appeals Court that alleges Pacquiao owes 3.2bn Philippines pesos in back taxes, penalties and surcharges. That's approximately \$724.5m, an unfathomable sum that is more than twice the amount he's earned.

One can't automatically assume the massive purse from the Floyd Mayweather fight will solve Pacquiao's financial difficulties. Manny's promoter, Bob Arum (who has been known to exaggerate from time to time) recently said he believes there'll be around \$300m in the pot, and that Pacquiao's 40 per cent would be about \$120m. How much Manny actually takes home is anybody's guess, but even if it is every dollar, which is virtually impossible, it would only put a dent in his tax bill if his appeal is rejected.

Desperation can be a powerful motivator, and that includes monetary desperation. It was poverty that launched Pacquiao into the world beyond the nipa hut of his boyhood and an enthusiastic disregard for his physical safety that carried him to the top of his profession.

Meanwhile, despite the threat of financial ruin and the Mayweather fight rapidly approaching, Manny is rumored to be hunting for a new Beverly Hills mansion in between workouts at the Wild Card gym.

With little regard for yesterday or tomorrow, Pacquiao is still living way out on the edge – just where he's always been and exactly where he needs to be to beat Mayweather.



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WHAT'S HOT ON OUR WEBSITE...

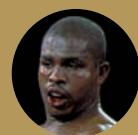
VIEW ON MAY 2

Wladimir Klitschko discusses the Mayweather-Pacquiao showdown



EAGER FOR MORE

Curtis Harper declares that he would knock out Chris Arreola in a rematch



STILL SHARP?

Razib Ruddock promises to capture the world heavyweight title at 51 years old



DOMESTIC DESIRE

Callum Johnson states that he is in boxing to prove he is the best in Britain

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TWEETS

@DANRAFAELESPE

Similar situations at 175 & 160. Stevenson and Cotto are THE champs but Kovalev and Golovkin are the BEST fighters in each division. This is clear. ESPN's DAN RAFAEL spells it out for the whole world.

@JOHNNY_COYLE1

The amount of people asking me for tickets the morning of my fight is a joke. You've only had 10 weeks to get them. JOHNNY COYLE will be feeling in a better mood after winning his first title in Grays.

@MAX_KELLERMAN

@USSCunningham beat Glazkov and got ripped off. No win, no title shot, no S. Klitschko should give him the title shot anyway.

HBO analyst

MAX KELLERMAN is not impressed by a decision in Montreal.

@THEREALENZOMAC Just got in and seen the @WayneRooney celebration. Brilliant!

ENZO

MACCARINELLI is impressed by the footballer's mock KO against Tottenham Hotspur.

@BRONZEBOMBER

It's sad that you have people like neighbours that ask you to do things for them, and you do it, then they go spread lies and rumours about you.

DEONTAY WILDER is a bit cryptic but clearly unhappy about something.

@SPIKE_O'SULLIVAN

Can't believe I have Lowell legend Micky Ward in my corner tonight. Amazing. Irish middleweight GARY O'SULLIVAN gets quality help.

LETTER OF THE WEEK

A BRILLIANT PIECE

I HAVE often toyed with the idea of writing to Boxing News over the many years I have been a reader and contributor, but have managed to control myself. This time however, I am compelled to write and commend the brilliant piece penned by Bob Mee in the February 19 issue regarding the unique theatres of boxing.

Bob has such a readable style and his knowledge of the sport is unrivaled. He colours the scene to perfection, to the point that a reader could be there. I wish Bob and BN all the best for the future and would compel any reader who may have skimmed the article to dig it out and soak up every superb word.

Steve Holdsworth, via e-mail

GUTSY 'GHOST'

THE fighting heart shown by Robert Guerrero against Keith Thurman was immense. Well behind on the scorecards and floored by a superb shot in round nine, a lesser man would have crumbled, but "The Ghost" just bit down on his gumshield and marched head-on into battle.

G. Trevor Evans, Winsford

BUTLER CAN BOUNCE BACK

IT was a shock to see Paul Butler being stopped by Zolani Tete. Paul never managed to get past Tete's incredible reach. He could now do with a break, before rebuilding with a couple of confidence-building fights. In the long-term, I think the loss will make him an even better fighter.

Additionally, I'd like to congratulate Luke Campbell, who totally outclassed

WHAT A wonderful WORLD

Ahead of another big card in Monaco, Bob Mee looks at some of boxing history's more unique staging grounds.

Levis Morales, despite having to deal with ongoing personal problems. This kid seems destined to go all the way.

Patch Hammond, Norwich

REMARKABLE ERNEST

IT was sad to hear of Kurt Ernest's passing on February 22. He was a truly remarkable person who was instrumental in setting up the coaching system we have in England today.

Born in Nazi Germany, Kurt escaped with his family and moved to Exeter, where they changed their surname to Ernest.

He had 29 professional contests, boxing the likes of Dave Charnley, Darkie Hughes and Johnny Melfah.

Craig Turner, via e-mail

GOODBYE TO A LEGEND

AS reported in the March 5 issue of Boxing News, Paul Dunne – a highly revered figure in the amateur boxing game – passed away on February 22, aged 82.

A decent bantamweight in his day, Paul was a former Irish Schoolboy champion and went on to fight 30 times as a professional.

He founded Sale West ABC in Manchester, where he coached Ricky Hatton and helped develop "The Hitman's" body-punching style.

He will be greatly missed by the boxing fraternity in Manchester. The man was a legend.

Eddie Copeland, Secretary of Manchester Ex-Boxers Association

Photo: NAOKI FUKUDA

WE ASKED...



WHO DO YOU THINK IS MORE DANGEROUS, SERGEY KOVALEV OR GENNADY GOLOVKIN?

PAUL WOTSIZNAME

"GGG"... no, Kovalev... no, "GGG". Both awesome punchers, not a lot between them, legends in the making.

CHRIS WRIGHT

Kovalev has fought better opponents, however, "GGG" is just menacing. Martin Murray, Daniel Geale and Matthew Macklin are all good opposition, yet "GGG" ruined them.

KELVIN OWUSU

"GGG" because he has a chin and has never been dropped yet in his career, while Kovalev has been dropped, so you know it could kinda go different ways.

DIOULLO STREDICK

Kovalev, because he is a better boxer. Golovkin is just a straightforward guy who applies pressure with tremendous power.





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HEAD-2-HEAD

BRANDON RIOS

VS RUSLAN PROVODNIKOV

Who wins this bruising welterweight battle?

MANNY SANTANA

Rios, on sheer size and punching power. Ruslan swells too much – Tim Bradley has only 12 KOs but made Ruslan's face look like he had fought Wladimir Klitschko.

SAMUEL JONES

Provodnikov is naturally bigger and I can't see "Bam Bam" making a dent in him. Provodnikov to wear him out and stop him down the straight.

RICK WILLIAMS

They are both there to be hit but Ruslan is the faster puncher and I think has the better pop. Provodnikov on an eighth-round stoppage.

JOHN SINGUN SARMIENTO

Rios has the chin edge, although both can be hit. Rios by KO in the late rounds.

CHESSNUT TRUJILLO

Ruslan by KO before six rounds. Rios loves wars but Ruslan will never lose a war of heart.

BERT GLEASON

I think Rios would win – there's no quit in him.

BRYAN LAZARO

Both love to brawl but I'll go for Provodnikov since he hits harder.

THE PANEL



Antonin Decarie

Welter contender

Golovkin. They're both really hard punchers, but I think Golovkin is the better boxer. Kovalev is very impressive and a great fighter, for sure, but Golovkin is more dangerous in my opinion.



Liam Walsh

British and C'wealth boss

That's a very, very tough one. You could pick either of them. My first thought was Kovalev, but I think I'm going to go with Golovkin. He's just a cold, serious destroyer isn't he?



Jack Loew

Ohio-based trainer

I'm a fan of both of them. Golovkin's a strong puncher and a good fighter, but Kovalev is one mean SOB! He showed against Pascal that he can take a shot, so I'll side with him.



Darren Hamilton

Ex-British light-welter king

That's a really hard one. I'm going to say Golovkin. They're both very dangerous fighters, but Golovkin is a little bit more cute, crafty and unexpected with it.

DO YOU THINK BRANDON RIOS WILL WIN A WELTER WORLD TITLE?

Antonin Decarie

Welter contender

No, I don't think so. He's a tough kid and a good pressure-fighter who was able to wear his opponents down at the lighter weights, but I think the guys at welter are too big for him.

Liam Walsh

British and C'wealth boss

No, the division's too stacked with talent. Rios is just a blown-up, well-fed lightweight really. He could beat the gatekeepers at welter, but I think he'd lose the bigger fights at the weight.

Jack Loew

Ohio-based trainer

No, he's just a punching bag. I think his days at the top are over with. He's an exciting fighter but he's got absolutely no defence, and there's not too much talent there.

Darren Hamilton

Ex-British light-welter king

No, I don't think he will. I wouldn't class him as a big, strong welterweight, as he's moved up from fighting at lightweight in the past.

'RIOS IS JUST A BLOWN-UP, WELL-FED LIGHTWEIGHT REALLY'

10 COUNT

LIGHT-HEAVYWEIGHTS

Daniel Herbert runs down the best ever at 175lbs

1 ARCHIE MOORE

The hard-hitting "Old Mongoose" didn't become champion until he was 36, but he then reigned for an entire decade.

2 BOB FOSTER

This freakishly tall (6ft 4ins) Albuquerque, New Mexico sheriff dominated the division from 1968-74 with devastating punching, especially the left hook.

3 JIMMY BIVINS

With titles frozen during WWII, this Clevelander never got a shot – but he beat Archie Moore and future heavy king Ezzard Charles.

4 JOHN HENRY LEWIS

Became champion at only 21 and reigned three years (1935-38), before blindness in one eye forced him into premature retirement.

5 BILLY CONN

Best known for giving Joe Louis a scare in a heavyweight title fight, "The Pittsburgh Kid" had been a skilful 175lb champion before that.

6 MAXIE ROSENBLUM

Lack of punching power earned him the nickname "Slapsie", but his defensive skills carried him through an amazing 299 professional fights.

7 JOEY MAXIM

Solid boxing ability enabled him to rip the crown from Freddie Mills in London and keep it for nearly three years.

8 TOMMY LOUGHREN

Philadelphia's Tommy beat Harry Greb and sparred Jack Dempsey on the way to a 175lb title reign in the late 1920s.

9 MICHAEL SPINKS

With his long limbs and awkward style, this member of the famous fighting family rarely excited, but was hard to beat.

10 GEORGES CARPENTIER

The "Orchid Man" shone in numerous weight-classes but it was at light-heavy that he became world champion (1920-22).

IN BRIEF

BOARD CLARIFICATION

THE British Boxing Board of Control have moved to correct misconceptions regarding the appointment of officials who worked in the **Dmitry Chudinov-Chris Eubank Jnr** interim WBA middleweight title fight last month at London's O2 Arena.

It is the Board's right to appoint the officials for all fights that take place under BBBoc jurisdiction, as this one did. Originally, a British referee and judge were appointed to the contest, along with two officials from neutral territories. After discussions with show promoter, Frank Warren, the Board agreed to three neutral judges – neutral officials can be requested but they are not mandatory. Brighton's Eubank Jnr and Warren agreed to this but Russian Chudinov demanded a referee from a neutral country also and, with Dmitry indicating that he would not fight otherwise – breaching his contract in doing so – and the Board wanting to satisfy the paying public, the governing body acquiesced.

BRAYD SMITH TRAGEDY

AUSTRALIAN featherweight Brayd Smith passed away on Monday (March 16) at the age of 23, two days after collapsing following his first professional loss in 13 bouts.

Around 90 minutes after suffering a 10-round points defeat to Filipino **John Moraide** in his hometown of Toowoomba, Smith collapsed with what turned out to be bleeding on the brain and was taken to hospital. He never regained consciousness.

PROMOTER PASSES AWAY

INDONESIAN promoter Daniel Bahari lost his life on Monday (March 16) following a heart attack at his home in Bali. Bahari, who was 67 years old, promoted former long-standing WBA featherweight belt-holder Chris John during his early world title contests.

'SPIKE'S' SUCCESS

GARY "SPIKE" O'SULLIVAN scored a decent win over former interim WBA title challenger **Milton Nunez** in New York last Saturday (March 14). The Cork middleweight claimed a third-round stoppage at the Madison Square Garden Theater.

MAYWEATHER vs PACQUIAO

Boxing News has got all aspects of the megafight covered

Photo: STEPHANIE TRAPP/MAYWEATHER PROMOTIONS



THE **Floyd Mayweather-Manny Pacquiao** bout is quite simply going to be one of the biggest events in sporting history. In order to celebrate this bona fide megafight, *Boxing News* is publishing an ultimate fans' guide on the momentous match-up, covering all aspects of the contest.

Inside this 100-page special issue, we provide an in-depth expert analysis of the fight itself, focusing on the unique attributes of both superstars and selecting who we think is going to come out on top in this titanic tussle for pound-for-pound supremacy.

There are detailed features on each fighter in which we focus on Pacquiao's voyage from the streets of the Philippines to international stardom, and how Mayweather became the highest-paid athlete on the planet.

As the peerless pair have shared five common opponents in **Juan Manuel Marquez**, Shane Mosley, Oscar De La Hoya, **Miguel Cotto** and Ricky Hatton, we delve into our world-renowned archive and look back at how each man performed against these famous foes

SIX OF THE TOP TRAINERS IN THE GAME HAVE THEIR SAY

through the eyes of *Boxing News'* ringside reporters.

Six of the top trainers in the game have their say on the world welterweight title unification clash. The likes of Virgil Hunter, who coaches **Amir Khan**, and Abel Sanchez, who trains

Gennady Golovkin, discuss the specific tactics and game plans both Floyd and Manny should employ in order to triumph in their 12-rounder.

We have exclusive insight into the two camps, while British boxing legend

Hatton, who has a first-hand knowledge of "Money" and "Pac Man", puts forward his opinion on the match, including who he thinks is going to prevail on

May 2 at the MGM Grand in Las Vegas.

We collate quotations on the fight from some of the most influential figures in the sport, and compile a gallery of stunning images from the respective careers of the two protagonists.

Mayweather vs Pacquiao: Fight of the Century is on sale digitally (£4.99) from Friday (March 20) and in print (£6.99) from Thursday April 2. You can pre-order your print copy now at www.boxingnewshop.com.

WHISPERS

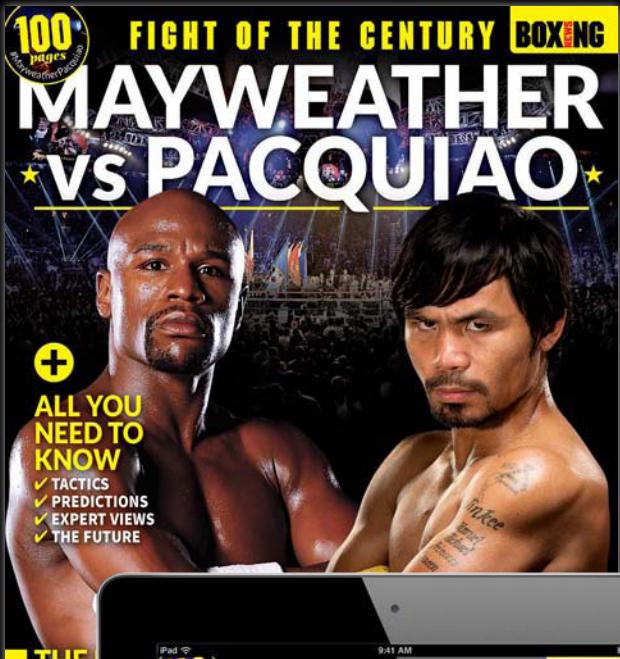
THE Widnes show set to be promoted by Frank Warren last Saturday (March 14) was cancelled three days before it was due to take place, with the main event – a British and Commonwealth cruiserweight title fight between **Ovill McKenzie** and **Matty Askin** – moved to the March 27 Bethnal Green card.

THE Daryl Baptist-Duane Green bout in Grantham that we reported on last week was not for the vacant British Masters Bronze middleweight title as the former, who won the eight-rounder, failed to make the championship weight.

THIS Saturday (March 21) on a Sauerland-promoted show in Rostock, German southpaw **Juergen Braehmer** defends his WBA 'regular' light-heavyweight belt against countryman **Robin Krasniqi**, live on Sky Sports in the UK. Hackney lightweight **Ohara Davies** appears on the undercard.

UNBEATEN Los Angeles-based Kazakh **Gennady Golovkin** will defend his WBA Super world middleweight strap against 19-1 Ithaca southpaw **Willie Monroe Jnr** on Saturday May 16 in Inglewood, California.

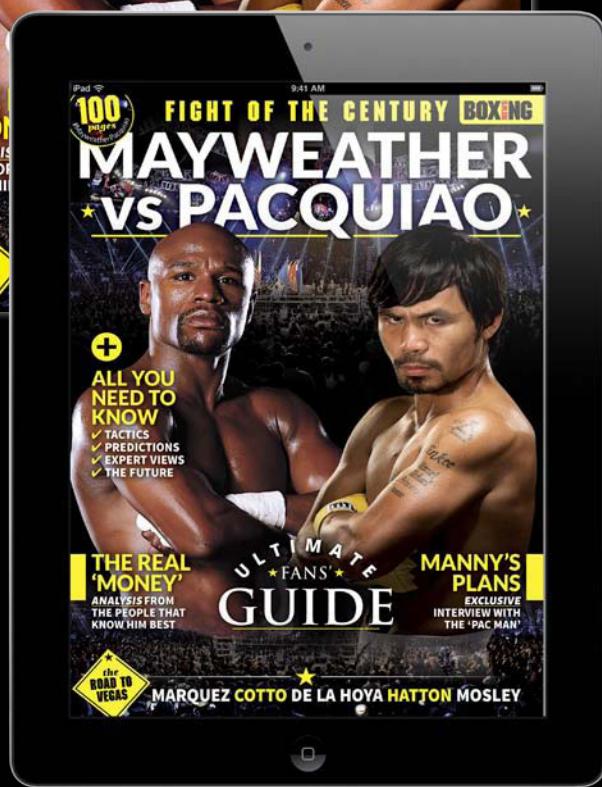
HARLESDEN'S **James DeGale** will have to travel to America to contest the vacant IBF super-middleweight crown against fellow southpaw **Andre Dirrell** after Florida-based Warriors Boxing won the purse bids at \$3.1m.



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FIGHT OF THE CENTURY
MAYWEATHER-PACQUIAO

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- ★ Preview of the megafight including the prediction ★
- ★ And much, much more ★

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Photo: BERNARD MILLER

IMPRESSIVE:
Talented Ekundayo
[right] beats Evans



'EKUNDAYO HAS BEEN GOING THROUGH A LOT BEYOND THE ROPES'

The *Boxing News* team bring you their weekly thoughts

HERO OF THE WEEK

NICK BOND

Tragically Australian featherweight Brayd Smith made the ultimate sacrifice doing what he loved. He was just 23 years old. Rest in peace, champ.

MATT CHRISTIE @MattCBoxingNews

Smith's death should serve as a reminder to anyone the risks that fighters are willing to take every single time they step in the ring.

DANNY FLEXEN

Jean Pascal. Yes, Sergey Kovalev prevailed, but Pascal had the balls to take it to him for parts of their thriller and in doing so, gave his adoring fans a great fight.

JOHN DENNEN @BoxingNewsJD

With his daughter's illness, Larry Ekundayo has been going through a lot beyond the ropes, but he picked up an impressive win over Dale Evans at the weekend [see page 23].

PAUL WHEELER @PaulWheelerBN

Kovalev. Tough Pascal put up a courageous effort, but the Russian wrecking ball continues to wreak havoc in the light-heavyweight division.

VILLAIN OF THE WEEK

NICK BOND

Stefan Nordin, who failed to recognise that Qais Ashfaq's fight-ending laceration was caused by one of the most blatant headbutts you'll see. Thus, meaning the British Lionheart lost his WSB contest at York Hall [see page 42].

MATT CHRISTIE @MattCBoxingNews

Chris Arreola has been promising for years now that he's dedicated himself to the sport and is training hard. The fact he weighed his heaviest for six years during Friday's struggle with unknown Curtis Harper [see page 19] suggests he's still telling porkies.

DANNY FLEXEN

Kovalev for the cool, calm way in which he ultimately dispatched Pascal, breaking Canadian hearts in the process.

JOHN DENNEN @BoxingNewsJD

I think Nordin missed the butt that halted Ashfaq but more generally I think the referees in the WSB need to take control of the roughhouse tactics being employed.

PAUL WHEELER @PaulWheelerBN

The judges in the Vyacheslav Glazkov-Steve Cunningham clash. Cunningham landed 180 punches compared to Glazkov's 144, yet lost unanimously on points.

WHICH FIGHT ARE YOU MOST LOOKING FORWARD TO AT THE WEEKEND AND WHY?

NICK BOND

Alfonso Gomez [below] vs Yoshihiro Kamegai has 'fan-friendly, action-packed slugfest' written all over it.

MATT CHRISTIE

@MattCBoxingNews

Juergen Braehmer versus Robin Krasniqi might be entertaining.

DANNY FLEXEN

Gomez-Kamegai might not feature elite-level skill but it should be an exciting watch.

JOHN DENNEN

@BoxingNewsJD

In the World Series of Boxing, the British Lionhearts are in action at York Hall on Thursday. Luke McCormack and Joshua Buatsi are two prospects to watch who have their first WSB contests.

PAUL WHEELER

@PaulWheelerBN

Gomez is coming off a decent win. He meets all-action Kamegai in Indio, California on Friday (March 20).



WHO IS THE BETTER POUND-FOR-POUND FIGHTER, SERGEY KOVALEV OR GENNADY GOLOVKIN?

NICK BOND

Golovkin for me. He is technically superior, although both are exciting and powerful prizefighters.

MATT CHRISTIE

@MattCBoxingNews

On raw ability and potential, Golovkin appears superior. However, when ranking fighters one must look at the cold hard facts, and accomplishments, where Kovalev is superior. His wins over Bernard Hopkins and Pascal trumps anything Golovkin has achieved so far.

DANNY FLEXEN

If you base the pound-for-pound ratings on achievement and results – as I believe you should

– then Kovalev by some distance. I think Golovkin is the more talented fighter though.

JOHN DENNEN

@BoxingNewsJD

Both are brutal punchers but Golovkin is perhaps more aggressive and harder to hit, not to mention having a good chin if he does get caught, so Golovkin.

PAUL WHEELER

@PaulWheelerBN

They're probably the two most feared punchers in the sport, but Golovkin gets my vote over Kovalev. "Krusher" has been floored before, whereas "GGG" hasn't.



Photo: ERIC BOLTE/USA TODAY SPORTS



WHICH YEAR IN BOXING HISTORY WOULD YOU CHOOSE TO GO BACK TO AND WATCH ALL THE FIGHTS IN IT?

NICK BOND

In 1923 Harry Greb won and defended the world middleweight title, Jack Dempsey bankrupted Shelby and had an almighty dust-up with Luis Firpo, plus Benny Leonard, Battling Siki and Jimmy Wilde saw title action.

MATT CHRISTIE

@MattCBoxingNews

1971 was my initial thought so I could

experience Joe Frazier's great win over Muhammad Ali. However, perhaps 1974 would be a more fulfilling journey with George Foreman-Ali being the obvious centrepiece, alongside the likes of Carlos Monzon and Roberto Duran doing their thing.

DANNY FLEXEN

1990 so I could be a kid again and enjoy

Julio Cesar Chavez's heart-stopping win over Meldrick Taylor, Buster Douglas shocking Mike Tyson, Nigel Benn-Chris Eubank I and much more.

JOHN DENNEN

@BoxingNewsJD

In 1987 you could watch Sugar Ray Leonard-Marvin Hagler and observe Tyson collecting heavyweight titles in two of his four fights, against

Tyrell Biggs, Tony Tucker, Pinklon Thomas and James Smith. And catch *The Untouchables* in the cinema. What a year!

PAUL WHEELER

@PaulWheelerBN

With fights like Hagler-Thomas Hearns and Lee Roy Murphy-Chisanda Mutti, 1985 would be my choice.

RAZOR RUDDOCK IS SET TO RETURN AT 51. SHOULD THIS BE ALLOWED?

NICK BOND

If he passes all relevant medical checks, then, in theory, he should be free to pursue his career.

MATT CHRISTIE

@MattCBoxingNews

It looks like he's passed all necessary exams to fight therefore it's hard to deny him that right.

DANNY FLEXEN

If he is medically sound and passes stringent tests then yes. I don't like it but rules are in place for a reason.

JOHN DENNEN

@BoxingNewsJD

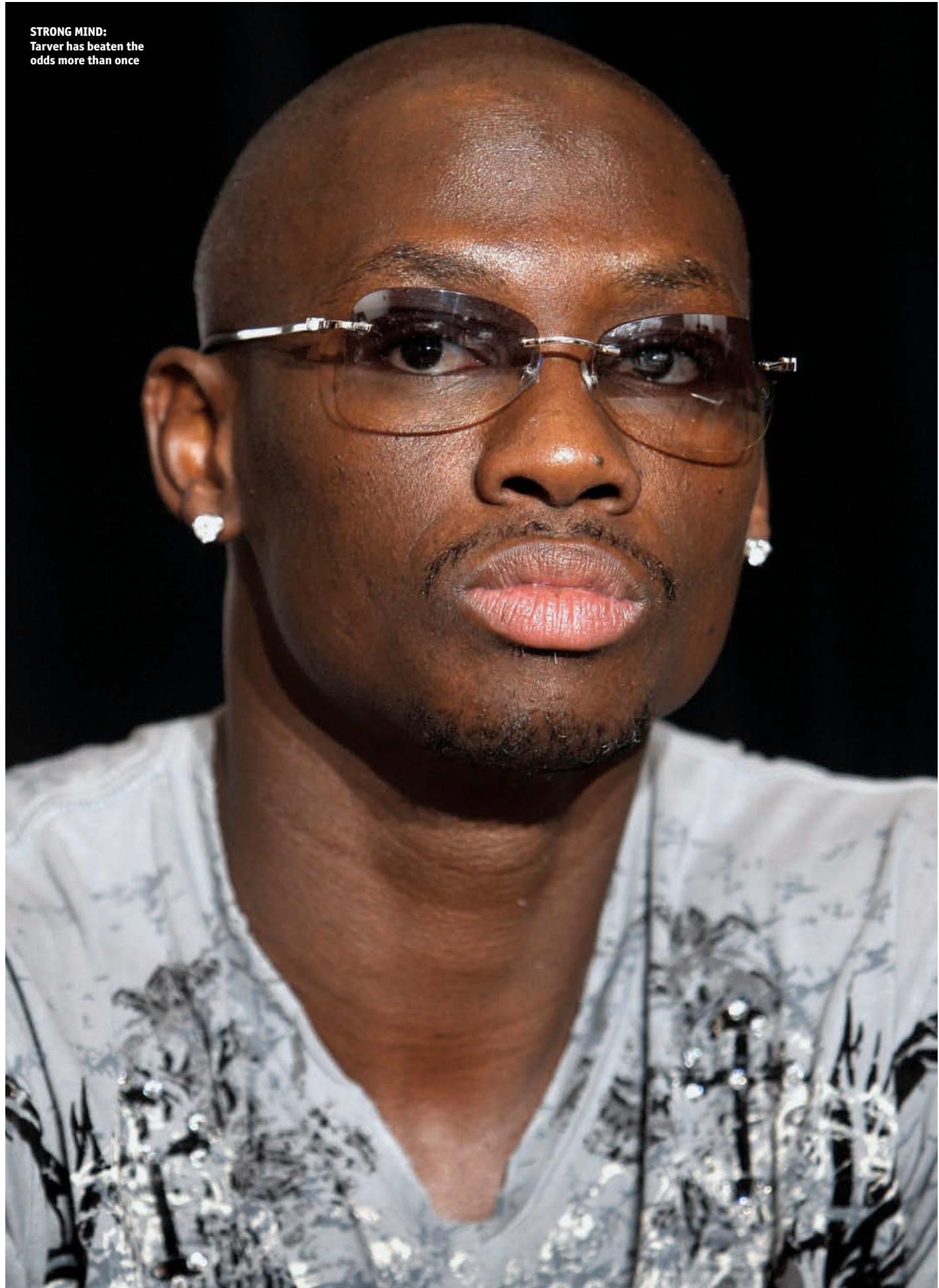
No, as wonderful as Hopkins has been, he is the exception.

PAUL WHEELER

@PaulWheelerBN

He's been out of the ring since 2001, so he's certainly no Hopkins. I don't agree with it.

STRONG MIND:
Tarver has beaten the
odds more than once



BELIEF IN MAGIC

Antonio Tarver might be getting on but he's as ambitious as ever, writes Tris Dixon

A

NTONIO TARVER is 46 years old but has an unflinching belief that he will replicate his light-heavy success at heavyweight to become the oldest king of the big men in the sport's history.

The "Magic Man" has been in the public eye since the 1996 Olympics, when he won a bronze, and a starring role opposite Sylvester Stallone in

Rocky Balboa saw him reach new levels of fame. Now, however, he aims to top it all with a win over Wladimir Klitschko in 2015.

You defeated Wladimir Klitschko's trainer Johnathon Banks in your last fight. What has that done for you?

I think when you look at my last fight you've got to go away thinking, 'This guy doesn't look that small compared to those guys. It sounds like he's got a lot of power behind his shots and his defence was really good, he didn't get hit with anything that much and he can really crack at heavyweight.' I just had a credible win over a bona fide heavyweight. I beat a solid heavyweight so that automatically makes me a player in the division. I'm one fight away from having the opportunity to fight for the heavyweight championship and again shake the boxing world up one more time before I retire.

You've always maintained you want a fight with David Haye?

Yeah, if he's serious about fighting again. You never know where his head is at but that's the fight I want because we've got a bunch of new-age heavyweights and when I say that I mean they just came on the scene, they weren't on the scene five years ago. I think David Haye is one of those guys who's been around about the same as me and he's the second biggest name in the heavyweight division and it would be a legitimate eliminator with two big names; with the credibility we both have, it would make a humongous fight before one of us steps out and I think the winner of that fight can't be denied that opportunity.

But the dream fight is with Wladimir Klitschko?

Of course, and that is the only way I can claim to be the heavyweight champion of the world – that is to beat the man that's considered the very best and that's Wladimir Klitschko. And he's from my era. He's the only one who has the type of experience that I have. He came from the same Olympics that I did. I've been here almost 20 years just like him so let's see who's the best. On any given night I have proved I can beat anybody. When I knocked Roy Jones out in two rounds, he was Superman, he was the Floyd Mayweather of my time. Bar none. He was the pound-for-pound king at the time

I knocked him out. So what people are hoping happens to Floyd Mayweather one day, I did to Roy Jones. That means on any given night I can beat anybody – including Wladimir Klitschko.

Do you miss commentating on Showtime? [Tarver was relieved of his duties for the network after testing positive for steroids following his fight with Lateef Kayode in 2012]

I miss commentating altogether. It was a great time for me. I think I was a natural at it and I would love to get back in it. Right now, I'm focused on becoming heavyweight champion and if God blessed me with that opportunity to get back in it I would. Hopefully I can find myself behind the mic commentating on the sport I love because I definitely miss it.

Do you feel your reputation has been hurt by the positive test? [Tarver appealed, claiming it was a false positive]

I personally don't because I'm going to be me anyway. People are going to respect the man that I am and they're not going to be tripping on something like that. We see that in our sport today. A lot of things happen unforeseen. Only the strong survive. You've got to be able to bounce back no matter what you're thrown in life. The bottom line is I'm going to be judged at the end of my career, not by the hiccups along the way. Nobody said that anyone was perfect but

I'm still here. I still have the opportunity to do something great before I retire and that motivates me, not anything else that has happened. I can't take back what happened yesterday. All I can do is make it a better day, and that's what I'm focused on.

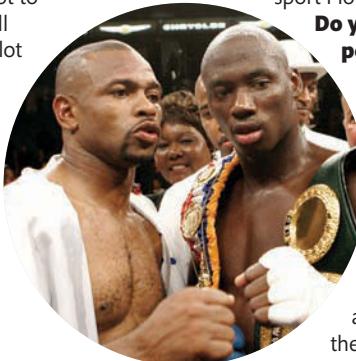
Do you have regrets about that incident?

I mean, of course you regret anytime anything negative happens in your life. Like I said, you can't take it back and I think the reason it happened was to really slow me down and to see what's in front of me in these precious last few years that I may have in boxing, so it gives me a focused mind to write the final chapter in my book and hopefully when it's said and done they can appreciate

everything I brought to the sport of boxing.

The victory over Jones, will that always be the pinnacle?

Of course, I would say that. But also I would say watching myself on the big screen in *Rocky Balboa* would probably be another pinnacle, receiving my medal during the Olympics was another pinnacle, the birth of my kids... But as far as my boxing career I am known for knocking out Roy Jones and if that's the pinnacle, s*** man, I'll take it. But chopping down Wladimir Klitschko will also be a big feather in my cap and I think it may trump that night in Vegas when I knocked Roy Jones out.



I WIN AGAIN: Tarver [right] proves his first victory over Jones was no fluke

'WHEN I KNOCKED ROY JONES OUT, HE WAS SUPERMAN'

ACTION

Reports from
the best fights
around the world

★★★★★ OUTSTANDING ★★★★ VERY GOOD ★★★ GOOD ★★ DISAPPOINTING ★ RUBBISH

KOVALEV 'KRUSHES'

Local
favourite
gets off the
canvas to
make a
decent
fight of it



Kieran
Mulvaney

RINGSIDE

(•) MONTREAL, CANADA

MARCH 14

★★★★★ MAIN EVENT

★★★★☆ UNDERCARD

A

FTER several bouts in which he established and cemented a reputation as a fearsome knockout puncher, light-heavyweight titlist **Sergey Kovalev** has now, in back-to-back fights, demonstrated that he possesses additional, and highly varied, tools in his toolbox. Last November, he outpointed savvy veteran Bernard Hopkins in a display that showed he could be a craftsman as well as a destroyer; and on this night at the Bell Centre, he proved that in addition to giving hard punches, he can take them too. For the first time since breaking through into the highest echelons of the sport, Kovalev was forced to repel the charge of a determined and powerful opponent, en route to overwhelming **Jean Pascal** in the eighth round of an enthralling contest.

Kovalev did not take long to settle into a groove; in the opener, he stalked Pascal behind a stiff jab, while the Haitian-born Canadian used footwork and upper-body movement to evade the Russian's power punches without offering many attacks of his own.

By the
second,

TALKING POINT

DESPITE staunch resistance from Pascal, Kovalev at no point looked ruffled. Just like Gennady Golovkin, it is his composure that impresses the most.

Kovalev was already cranking up his offence, feinting with his feet, and time after time winding up to throw bolo punches only to instead rap Pascal's face with jabs.

Pascal's game plan appeared to be to seek opportunities to land booming right-hand counters, and he nearly succeeded in the third with one such punch off the ropes that forced Kovalev briefly to retreat. But almost immediately the local fighter - who lives and trains in nearby Laval, Quebec - endured a torrent of fistic abuse that looked certain to end the night early. Although Kovalev's jabs - to the chest as well as the face - had been working effectively, the champion had not been able to land flush power punches in the early going.

He had been seeking to find a home for his vaunted overhand right, but Pascal repeatedly saw it coming and shifted his body to his right to avoid it. In the third, however, Kovalev faked a right and launched a left hook that twisted Pascal's head and, followed by a right hand that detonated on his chin, had him in real trouble. Pascal sought desperately to stay upright, his stance as wide as the legs on the Eiffel Tower as he battled to brace himself, but Kovalev now scented blood and was in furious pursuit.

Impressively, however, even with a badly wounded prey in front of him, Kovalev did not launch into an all-out attack. He threw his punches with precision and landed them with authority, with little wasted energy, breaking down his foe and pushing him to the brink. Another right hand sent Pascal into the strands and threatened to send him all the way through them; instead, the challenger found himself draped between the second and third ropes, and once referee Luis Pabon had pulled Kovalev away from his temporarily defenceless opponent, he correctly called a knockdown.

The bell rang to save Pascal but the Canadian was on shaky legs. ▶

Photos: ERIC BOLTE/USA TODAY SPORTS

THE MASTER:
Kovalev [left] is in control
for long spells and [below]
celebrates his victory





Berto-
Lopez

Andre keeps the
dream alive

PAGE 18



Oosthuizen-
Liebenberg

Battle of Gauteng
won by Tommy

PAGE 20



Kennedy-
Camacho II

Definitive ending
this time in Newport

PAGE 22

PASCAL RESISTANCE



**'I DON'T KNOW
WHY THE REFEREE
STOPPED THE
FIGHT, I WAS IN
THE FIGHT THE
WHOLE TIME'**

RINGSIDE NOTES

● WBC light-heavyweight titlist Adonis Stevenson was in attendance and afterward expressed interest in meeting Kovalev. That seems unlikely to happen any time soon, however, given Kovalev's ties to HBO and Stevenson's relationship with Showtime and Al Haymon, with whom Kovalev promoter Main Events has frosty relations – not least because of Stevenson switching from HBO, and thus avoiding a Kovalev clash, last year.

● WITH Roy Jones Jnr featuring as a key member of Pascal's corner team, his place at the HBO commentary table was taken by Hopkins, who had the unique distinction of analysing a fight between two boxers he has fought, trained by two men he has also faced. (Hopkins' record in those contests is 3-2-1: 1-0-1 against Pascal, 0-1 versus Kovalev, 1-0 opposite Kovalev's trainer John David Jackson, and of course 1-1 in two bouts with Jones.)

● IT was a mostly successful night for manager Egis Klimas, who saw victories for Kovalev and Glazkov but defeat for Lepikhin. Another one of Klimas' fighters, the outstanding Vasyl Lomachenko, was ringside in Montreal, and is strongly tipped to feature in one of the two (televised) supporting bouts on the Floyd Mayweather-Manny Pacquiao pay-per-view in Las Vegas on May 2.



► The minute's respite did not appear to have cleared his head, and Kovalev moved in for the finish, but somehow Pascal, without ever seeming to have his faculties about him, made it through the fourth relatively unfazed, and then in the fifth staged what briefly promised to be a spectacular recovery.

A left hook and a big right hand in that frame knocked Kovalev backward; although the champion did not appear to be hurt, the signs of life roused the Montreal crowd into loud cheers. A Kovalev right hand was slipped by Pascal, who glided to his right and landed a right hand to the body that caused the champion to stumble. More cheers from the crowd, and yet more as Pascal landed another pair of booming right hands in the sixth. Several shots were landing flush and, halfway through the sixth round, it almost appeared as if Kovalev was, for the first time in the bout, looking a little tired and tentative.

But then, almost as soon as the comeback had begun, it ended. The sheer exertion of launching such wild punches appeared to have taken their toll, and by the time the sixth finished, Kovalev had regained control, popping the jab repeatedly into Pascal's face.

Pascal emerged from his corner in the seventh looking weary, and when Kovalev leaned on him in a clinch, he slumped to his knees without much evident resistance. Kovalev was again toying with his challenger by now, and a left hook, followed up by a right hand, staggered

Pascal badly at the very end of the round.

The eighth session would be the last. A series of Kovalev punches drove Pascal into a corner, and a stoppage looked seconds away. But as Kovalev wound up to deliver the coup de grâce, he slipped

'I GOT CONTROL. I GOT HIM WITH A GOOD RIGHT HAND AND HE LOST'

and crashed onto the canvas. Pabon took longer than he probably should have done to wipe Kovalev's gloves and then to check on Pascal – who, badly hurt, had wobbled drunkenly from that corner to another, where he now stood rooted

– before allowing action to continue. When it did, there was time for Kovalev to land one big right hand and then another before Pabon stopped the contest at 1-0-3 of the round.

There was some confusion in the arena as a result of the Kovalev slip, the slight delay thereafter and the fact that the

Russian landed just two further blows before the end, but at least from the perspective of this observer, the stoppage was a good one. Although Pascal had recovered from seeming oblivion once already in the bout, he had exhausted his

UP AND DOWN:
Pascal [right] has his moments but is hurt [below left] and floored [below right]

energy reserves in doing so, and had little left to give – although, unsurprisingly, he didn't see it that way.

"I don't know why the referee stopped the fight, I was in the fight the whole time," protested Pascal. "This is the sport of boxing. To give some and get some. I am the people's champ. I wanted to give them a good fight."

Kovalev claimed that he had not been happy with the way he had begun the fight, but that he felt he steadily asserted control.

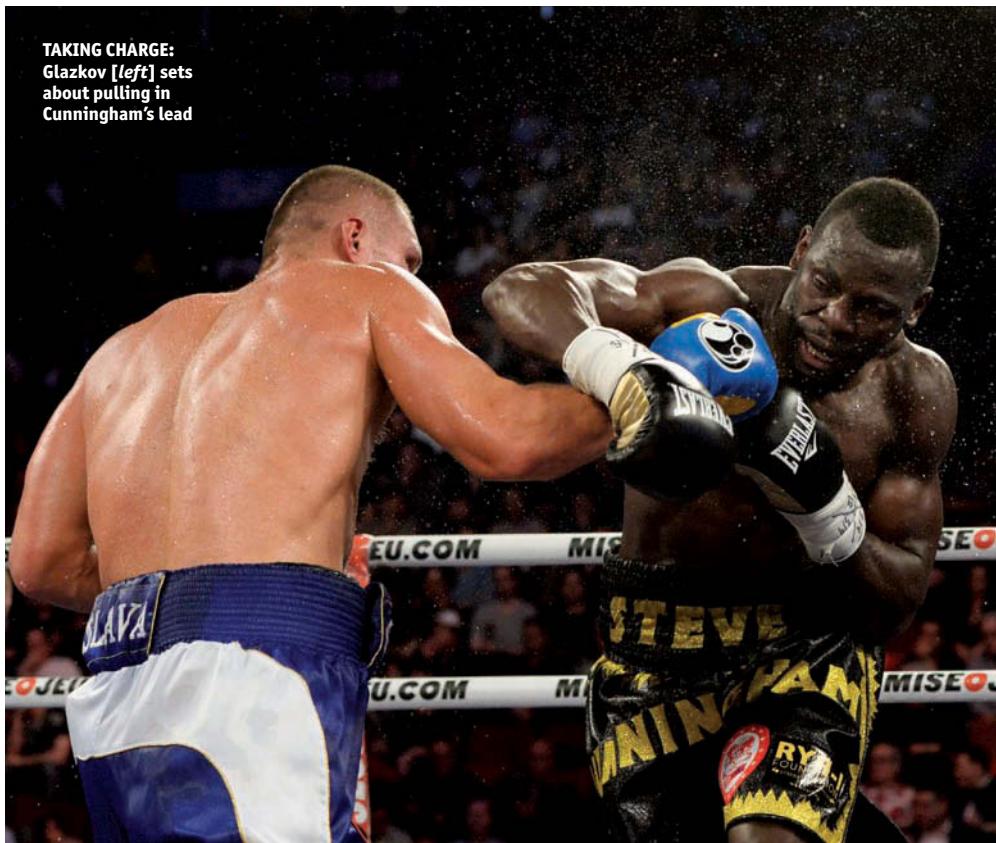
"How I started I didn't like," Kovalev said. "But after the fourth round I got control of Jean and what you saw – I got him with a good right hand and he lost." Asked whether this was the toughest fight he had experienced, the Russian said that no, he had been in much tougher bouts in the amateurs. And, he said he was ready for more tough challenges to come – including, if necessary, from the man he had just beaten.

"I'm ready for any fight," he said. "If my promoter says I need to fight Jean Pascal again, I am ready." Honestly, though, as valiant as Pascal had been and as fine of a prizefighter as he is, he was clearly second best on this night. A rematch might do big business for Kovalev in Montreal, but from the perspective of resolving any unanswered questions, it's unnecessary.

The chief support sought to anoint a mandatory challenger for the IBF belt held by heavyweight kingpin Wladimir Klitschko, and he will have lost no sleep after watching **Vyacheslav Glazkov** score a unanimous but contentious decision win over **Steve Cunningham**. The fact the bout would pit two Ukrainians against each other might lend the event some sizzle, but at least on the basis of this evidence there can be little doubt who would emerge victorious. In the opening few frames, Cunningham was able to keep Glazkov at bay with a stiff double jab, raising the question of what Klitschko's thunderous left hand would do to him; but, after falling behind over the first half of the contest, Glazkov took charge from the seventh onward. As he did so, Cunningham's work became more ragged and his strategy less disciplined, as he abandoned his jab and began to fall forward into Glazkov's punches; several times in the final few rounds, those punches appeared to wobble the American. The 12th and final frame saw both men swinging wildly at each other, with Glazkov getting the better of the exchanges and earning a victory by scores of 116-112 (twice) and 115-113.

In the first televised bout of the evening, previously undefeated light-heavyweight **Vasily Lepikhin** spent six rounds of 10 being befuddled by the fast hands and fluid combinations of veteran **Isaac Chilemba**, and the final four rounds retreating into a non-combative

TAKING CHARGE:
Glazkov [left] sets
about pulling in
Cunningham's lead



shell. After proving unable to find an answer to Chilemba's punches, and in particular his uppercuts and straight right hands, Lepikhin simply backed to the ropes, covered up behind a high guard, and spent rounds seven and eight allowing Chilemba to tee off on him at will. At first he appeared to be playing possum, and Chilemba was wary of falling into a trap, even as he fired off punches with his opponent against the ropes; but Lepikhin either forgot that the key to such a strategy is to throw a counter or two, or had in fact all but surrendered. The latter explanation ultimately seemed the more likely one in that, although he was marginally more active in the closing two frames, his effort

was perfunctory. Scores were 99-91 (twice) and 100-90.

Despite being mandatory challenger for one of Kovalev's belts, light-heavyweight **Nadjib Mohammedi** stepped aside to allow his Main Events stablemate to face Pascal. The Abel Sanchez-trained Frenchman will be reasserting his right, however, after scoring a sixth-round stoppage over hopelessly overmatched **Lee Campbell**. Mohammedi has been a mandatory since last June, but after being passed over by first Hopkins and then Kovalev, he will get his reward with the next shot at the Russian, according to Main Events' Kathy Duvu.

Also looking to get back into the title picture will be former light-welterweight challenger **Dierry Jean**, whose only defeat was by unanimous decision to Lamont Peterson last January. To the delight of the home crowd, the Quebec fighter dominated **Carlos Manuel Reyes**, dropping him three times with body shots and stopping him in the third.

With the exception of the first two televised bouts, every fight on the card ended inside the distance, including victories for undefeated welterweight **Dmitry Mikhaylenko**, who last year scored notable wins over Sechew Powell and Ronald Cruz, and local fighters **Yves Ulysse Jnr** and **David Theroux**. **BN**



NEXT IN LINE: Mohammedi wins after stepping aside for Pascal but now gets Kovalev

FULL RESULTS

Sergey Kovalev (174 1/4lbs), 27-0-1 (24), w rsf 8 **Jean Pascal** (175lbs), 29-3-1 (17); **Vyacheslav Glazkov** (218lbs 6oz), 20-0-1 (12) w pts 12 **Steve Cunningham** (209lbs 10oz), 28-7 (13); **Isaac Chilemba** (175lbs), 24-2-2 (10), w pts 10 **Vasily Lepikhin** (174lbs 14oz) 17-1 (9); **Dierry Jean** (137lbs 11oz), 28-1 (20), w rsf 3 **Carlos Manuel Reyes** (136lbs 13oz), 25-4-1 (17); **Nadjib Mohammedi** (173lbs), 37-3 (23), w rsf 6 **Lee Campbell** (174 1/4lbs), 8-2 (4); **Dmitry Mikhaylenko** (146lbs 13oz), 19-0 (8), w rt 5 **Felipe De la Paz Teniente** (145 1/4lbs), 15-4-2 (6); **Yves Ulysse Jnr** (143 1/4lbs), 6-0 (4), w rsf 5 **Miguel Antoine** (143lbs 13oz), 17-2-1 (9); **David Theroux** (144lbs 6oz), 6-0 (4), w rsf 3 **Lukasz Janik** (144lbs 10oz), 13-10-1 (7).

THE VERDICT Kovalev continues to find different ways to score spectacular wins.

BERTO'S BACK

Andre stops Lopez and remains ambitious, writes Kenneth Bouhairie

ONTARIO, CA

MARCH 14

★★★☆☆ MAIN EVENT

★★★★☆ UNDERCARD



ERHAPS it's time to adjust our expectations for **Andre Berto**. He might never live up to the early hype but his sixth-round stoppage over **Josesito Lopez** shows the former WBC and IBF welterweight champion hasn't given up on his dream. The fight's premature stoppage will probably overshadow Berto's successful return to centre-stage. Lopez gave a strong account of himself until a Berto combination left him sagging to the mat midway through the sixth.

Berto immediately raced across the ring once the action resumed, dropping Lopez again, this time onto all fours. Referee Raul Cantu Jnr didn't bother to count, halting the bout at 1-03.

An incensed crowd at the Citizens Business Bank Arena booed lustily but the controversial ending expedited the likely outcome. And it shouldn't diminish an impressive Spike TV debut for Al Haymon's Premier Boxing Champions (PBC).

Berto was once the poster boy for everything that ailed the sport. Thanks to Haymon, his well-connected adviser, he was quickly ushered onto premium network TV, pocketing seven-figure cheques against questionable opposition. Berto's naysayers crowded when he soaked up punishment in losses to Victor Ortiz and Robert Guerrero. The Haitian-American hit rock bottom in August 2013, suffering a 12-round

stoppage defeat to Jesus Soto Karass and a ruptured tendon in his right shoulder that sidelined him for 13 months.

The Lopez fight was Berto's last chance to get back into the welter mix and he held up his end of the bargain. So did consigliere Haymon, who not only featured his client as the headliner, but kept paying customers happy by pitting him against another flawed offensive fighter.

Berto fought tentatively early on and Lopez capitalised, claiming the first with hard shots downstairs. Lopez was the busier fighter in the second but Berto began firing back in the third, controlling the centre of the ring with a quick jab and catching Lopez coming in with overhand rights.

Lopez's eyes began swelling in the fourth. He motioned for more as Berto closed in, but his warrior heart proved to be his undoing. The end came swiftly

Photos: NAOKI FUKUDA

ROPEY RETURN?
Berto [right] struggles to quell Lopez in the early rounds





POWER PLAY:
Porter [right]
breaks Bone's
resistance in
the fifth

in the sixth, beginning with Berto's reconstructed right. A left-right dazed Lopez long enough for Berto to land another, this one sending him crashing to the floor in a heap. Lopez was still hurt upon rising. Moments later, he was down a second time. Berto took the vacant interim WBA belt, making him their third title-holder in the division. Ludicrous.

Berto has worked his way back into the fray at 147lbs, unlike **Chris Arreola**, who persists on eating himself out of the sport. At least this time Arreola's disservice to boxing was a blessing to its fans. Once they got past the sight of his sloppy 262 1/2lb figure, they were treated to a thrilling firefight between the Mexican-American and unheralded **Curtis Harper**, who traded punches with Arreola for the full eight-round distance,

IN SPITE OF HIS SHORTCOMINGS OUTSIDE THE RING, HOWEVER, ARREOLA IS ALL HEART IN IT

ultimately losing a close unanimous decision.

For the umpteenth time in his career, Arreola told reporters afterward that the fight had re-ignited his fire for boxing and that he couldn't wait to get back in the gym. I'm starting to believe "The

Gym" is the name of his favourite restaurant. In spite of his shortcomings outside the ring, however, Arreola is all heart in it. A right hand early in the first sent Harper tumbling down à la Larry Holmes versus Mike Tyson. Harper could barely stand after rising

but bravely stepped back in, wobbling around the ring and firing back long enough to clear his head and hear the bell.

A more composed Harper unveiled surprising skill in the second, unloading accurate power punches on Arreola's

beefy grill. It looked as if an upset was brewing early in the fourth after a Harper right hand crashed against Arreola's jaw. Another right brought onlookers out of their seats. The prideful Arreola stood in and fired back, eating a monster left uppercut that caused his knees to cave but he refused to fold.

The fifth featured more exchanges. Arreola's face was now a crimson mess and he was taking heavy shots to his fleshy midsection. But just when the former world title challenger appeared to be fading, he found his second wind, rallying midway through the sixth as ringsiders urged him on.

The crowd remained on their feet for much of the final two stanzas as the combatants continued to swap blows like a video game. With his career hanging in the balance, Arreola launched a furious attack in the seventh. A straight right in the eighth momentarily rocked Harper, sealing the decision for Arreola. Final cards read 78-73, 77-74 and 76-75.

In the television opener, former IBF welterweight titlist **Shawn "Showtime" Porter** successfully bounced back from his first professional defeat, pounding out a fifth-round knockout over last-minute replacement **Erick Bone**.

Porter was initially slated to meet Roberto Garcia but Garcia pulled a no-show at the weigh-in amid rumours that he weighed well above the agreed-upon limit. Bone was given only one day's notice but acquitted himself well. The action teetered back and forth until the fourth, when Porter began targeting Bone's body. A charging right to the ribs felled Bone late in the fifth. He was up at 'seven' and down again in an instant, courtesy of a right cross that kept him on the canvas for the full count. Official time was 2-30.

THE VERDICT Berto is one of several welterweights in the mix, all chasing Floyd Mayweather and Manny Pacquiao.

RESULTS

Andre Berto (146lbs), 30-3 (23), w rsf 6 **Josesito Lopez** (146 1/4lbs), 33-7 (19); **Shawn Porter** (146 3/4lbs), 25-1-1 (16), w ko 5 **Erick Bone** (149lbs), 16-2 (8); **Miguel Vazquez** (136 1/2lbs), 35-4 (13), w pts 10 **Jerry Belmontes** (136 1/4lbs), 19-6 (5); **Chris Arreola** (262 1/2lbs), 36-4 (31), w pts 8 **Curtis Harper** (265 1/4lbs), 12-4 (8); **Gerald Washington** (248 1/2lbs), 16-0 (11), w pts 8 **Jason Gavern** (239 3/4lbs), 26-19-4 (11); **Hanzel Martinez** (125 1/4lbs), 22-2 (17), w pts 8 **German Meraz** (125 1/2lbs), 48-34-1 (26); **Oscar Molina** (153 3/4lbs), 11-0 (9), w rsf 5 **Jose Alberto Leal** (153 1/2lbs), 9-7-1 (4); **Lanell Bellows** (167 1/2lbs), 11-1-1 (7), w pts 6 **Juan Carlos Rojas** (166 1/2lbs), 7-10-1 (5); **Tugstsogt Nyambayar** (121 1/4lbs), 1-0 (1), w ko 1 **Gabriel Braxton** (122lbs), 2-9 (1).



FLESH MOB:
Arreola [right] bites
down to edge out Harper

RINGSIDE NOTES

● **AL HAYMON** has taken flak for coddling his fighters but one can't help but applaud his ambition. And thus far in 2015 – save for the Adrien Broner-John Molina disappointment – his product has been a breath of fresh air. With another anticipated PBC card on April 11, the pending Floyd Mayweather-Manny Pacquiao extravaganza and a slew of cards set to hit networks everywhere, things are looking up for boxing and the man we once feared might ruin the sport is at the heart of it all.

● **THIS PBC card** resembled a slightly stripped-down version of their initial offering. I don't miss the entourages but it wouldn't hurt to allow the fighters to select their own entrance music. As much as I love Hans Zimmer, *Gladiator* is a movie. This is the real thing.

● **GOOD to see** Tommy Hearns and Antonio Tarver behind the mic. Tarver is one of the more insightful commentators in the sport. Hearns deserves to continue benefiting from the sport he gave so much to, although his commentary is unintelligible at times.

● **THERE'S talk** of either Berto or Porter squaring off against Keith Thurman in the future. Thurman would be a good bet to blast them both out but it would be explosive for as long as it lasted.

Oosthuizen wins Gauteng derby as his boxing skills are too much for Liebenberg, writes Ron Jackson

KEMPTON PARK, SOUTH AFRICA

MARCH 14

★★★★★ MAIN EVENT
★★★★★ UNDERCARD

TOMMY OOSTHUIZEN was back to his best as he out-thought and outboxed **Ryno Liebenberg** over 12 rounds to win on a split decision and claim the vacant IBO light-heavyweight title at Emperors Palace.

The talented southpaw won clearly on the cards of Deon Dwarte and Ace Makaluza, who both scored the fight 117-111 for Oosthuizen, but judge Simon Xamlashe was way off the mark as he handed in a score of 115-113 for the courageous but outgunned Liebenberg.

Oosthuizen looked in excellent condition as he delighted his many supporters in the crowd by boxing through 12 sessions without fading in the later rounds as he has done in recent fights.

After a quiet opening round, a confident Oosthuizen (Boksburg) showed speed and brilliant footwork, and was still up on his toes right through to the final session.

He also exhibited outstanding handspeed as he threw blistering two-handed combinations to the head with Krugersdorp's Liebenberg having no answer. However, Oosthuizen would be well advised to stop showboating as he did on occasions during the contest.

The gutsy Liebenberg never really got into the fight as he chased his more experienced, bigger and taller opponent around the ring with very little effect. He was unable to get on the inside and past the right jab of Oosthuizen.

Referee Grzegorz Molenda, from Poland, cautioned Liebenberg a few times for coming in low with his head and also hitting behind the neck in the clinches, but this came about from sheer frustration as he was unable to take command of the fight at any time throughout the 12 rounds.

Giovanni Bushby stunned **Dowayne Combrink**, of Johannesburg, a number of times during their clash for the vacant

Photo: DEBBIE YAZBEK

NO ENTRY: Liebenberg [left] fails to bother Oosthuizen



RYNO TAMED

WBA Pan-Africa middleweight title in a toe-to-toe battle, but did not have the power to finish off his opponent.

The fight ended in a draw which was probably a fair result. One judge scored it 116-114 for Combrink, and the second had it 115-113 for Willow Park's Bushby, while the third tallied 114-114.

Commonwealth lightweight champion **Richard Commey**, from Ghana, stopped former South African ruler **Thompson Mokwana** after 29 seconds of the seventh round to retain his title for the first time.

former South African ruler **Thompson Mokwana** after 29 seconds of the seventh round to retain his title for the first time.

Limpopo's Mokwana was down in the first round and also took counts in the fourth and fifth before referee Allen Matakane waved the fight off in the seventh.

Jasper Seroka, of Phalaborwa, stopped **Ashley Dlamini** in the seventh round to retain his South African super-featherweight title.

Dlamini, from Johannesburg, was floored in the first round and took a battering before going down from a right to the solar plexus in the seventh, prompting referee David van Nieeuwenhuizen to call the fight off at 2-32.

THE GUTSY LIEBENBERG NEVER REALLY GOT INTO THE FIGHT

FULL RESULTS

Tommy Oosthuizen (175lbs), 24-0-2 (14), w pts 12 **Ryno Liebenberg** (174 1/4lbs), 16-2 (11); **Dowayne Combrink** (159lbs 10oz), 11-1-1 (7), d pts 12 **Giovanni Bushby** (159lbs 10oz), 6-4-2 (5); **Richard Commey** (134lbs 14oz), 21-0 (19), w rsf 7 **Thompson Mokwana** (134lbs 14oz), 20-10-1 (12); **Jasper Seroka** (129lbs 15oz), 24-4 (11), w rsf 7 **Ashley Dlamini** (129lbs 15oz), 16-3-2 (9).

THE VERDICT A good-value bill presented by Rodney Berman of Golden Gloves Promotions.

KELLY PICKS UP FIRST TITLE

Photo: JANE WARBURTON

'Jimmy' makes short work of Robakidze and gets a Youth belt



John Evans
RINGSIDE

MANCHESTER
MARCH 14

★★★★★ MAIN EVENT
★★★★★ UNDERCARD

THE late demise of two other shows scheduled for last weekend meant that fighters originally set to fight in Widnes and Liverpool instead found themselves added to this already busy VIP Promotions show at the Victoria Warehouse.

Jimmy Kilrain Kelly topped the bill and picked up the vacant WBC Youth Silver light-middleweight belt with a comprehensive stoppage of **Nodar Robakidze**. After a calm start, Kelly sensed that Robakidze had been hurt by a right hand midway through the opening round and the Wythenshawe fighter jumped on him. A left hook to the body forced the Georgian visitor to a knee halfway through the third and although he rose, a series of left hooks to the rib cage sent him back to the canvas. He clambered up but referee Victor Loughlin decided enough was enough at 2-57 of the round.

Andy Colquhoun impressively overcame the problems posed by late substitute **Joe Lovell**, of Connah's Quay. Following a give-and-take opening, the Liverpudlian began to dominate proceedings after switching to a southpaw stance. Heads bumped together from the very start and, 2-46 into the fifth, a clash opened a vertical gash on Colquhoun's forehead. With the injury deemed bad enough to end the fight – and with three rounds having been completed – the fight went to referee Mark Lyson's card where Colquhoun was awarded a 50-46 technical decision.

Enzo Maccarinelli marked time by blowing out **Gyorgy Novak** just 48 seconds into a scheduled eight-round. The former WBO cruiserweight champion, from Swansea, effortlessly positioned the Hungarian for the fight-ending right hand. Novak didn't hit the floor but spent a good five seconds trying to find the canvas under his feet. The experienced Maccarinelli stood off his hurt opponent and referee Lyson correctly stepped between the fighters.



OPPORTUNIST: Kelly [left] jumps on the hurt Robakidze

Jack Massey, of Chapel-en-le-Frith, twice dropped **Mateusz Gatek** with right hooks. The Hungarian got up both times but Lyson wisely ended the punishment 1-08 into the third of a slated six.

Derby's **Alex Phillip's** asked **Alex Rutter** plenty of questions before the rangy boxer from Middleton found his range and eventually eased to a 59-56 win after six rounds. Victor Loughlin refereed.

The card was rounded out by a series of four-round contests.

Gorton's **Ryan Doyle** returned to the ring following a six-month lay-off and immediately found his rhythm, feinting and jabbing his way into range and unloading on poor Pole **Dawid Knade**. The end, signalled by arbiter Lyson, came 24 seconds into the third.

Wythenshawe's **Macaulay McGowan** seized the initiative and blitzed **Attila Kovacs** from the opening bell, forcing Lyson to jump in and save the stunned Hungarian just 46 seconds into their fight.

Sale's **Sam Hyde** bullied his way to a bruising 39-35 victory over **Jason Jones**, from Skegness. Lyson again refreed.

MACCARINELLI EFFORTLESSLY POSITIONED NOVAK FOR THE FIGHT-ENDING RIGHT HAND

Mr Lyson also made Birkenhead's **Paul Riley** a 39-38 winner over **Chris Jenkinson**, of Bolton, after four hard-fought rounds and saw Wrexham's **Kerry Evans** ease to a 40-36 win against Lithuanian survivor **Simas Volosinas**.

New Moston's **Chris Conwell** stayed on top of **Qasim Hussain**, of Sheffield, throughout their four-round and came away with a 40-36 win on Lyson's card. Debutant

Alex McCloy, of Blackpool, started quickly and paced himself well to record a 40-36 win over Manchester stalwart **Dee Mitchell** on Loughlin's scorecard and the same man awarded Manchester's **Charlie Schofield** a routine 40-36 win over **Elvis Dube**, of Derby.

Accrington's **Artif Ali** floored Gloucester's **Andy Harris** on his way to a 40-35 decision and Oldham's **Andy Kremner** triumphed 40-36 over Nuneaton's **Kristian Laight**. Ian John-Lewis refereed both contests.

THE VERDICT A lengthy bill punctuated by some solid tests and impressive stoppages.

FULL RESULTS

'Jimmy' Kilrain Kelly (152 1/2lbs), 14-0 (6), w rsf 3 Nodar Robakidze (153lbs 10oz), 10-11-3 (4); Enzo Maccarinelli (182lbs 5oz), 39-7 (30), w rsf 1 Gyorgy Novak (180lbs 1oz), 5-3 (3); Jack Massey (195lbs), 7-0 (3), w rsf 3 Mateusz Gatek (195lbs), 2-3; Andy Colquhoun (148lbs 9oz), 13-0 (2), w td 5 Joe Lovell (149lbs 14oz), 3-3; Alex Rutter (134lbs 15oz), 7-0, w pts 6 Alex Phillips (131lbs 13oz), 2-3; Alex McCloy (151lbs 7oz), 1-0, w pts 4 Dee Mitchell (164lbs 5oz), 10-75-2 (2); Paul Riley (156lbs), 4-0 (1), w pts 4 Chris Jenkinson (158 1/4lbs), 8-17-2 (3); Macaulay McGowan (156lbs 7oz), 5-0 (1), w rsf 1 Attila Kovacs (151 1/4lbs), 35-5 (19); Sam Hyde (202lbs), 4-0-1 (1), w pts 4 Jason Jones (199lbs 13oz), 0-3; Charlie Schofield (194lbs), 2-0, w pts 4 Elvis Dube (189lbs 5oz), 6-34-2 (5); Artif Ali (132lbs 1oz), 7-1, w pts 4 Andy Harris (133lbs 3oz), 3-24-1; Ryan Doyle (133lbs), 10-1 (6), w rsf 3 Dawid Knade (132lbs), 3-7; Andy Kremner (143lbs 5oz), 4-0 (1), w pts 4 Kristian Laight (145 1/2lbs), 9-195-7; Chris Conwell (135lbs 11oz), 5-0, w pts 4 Qasim Hussain (137lbs 2oz), 2-25-2; Kerry Evans (136lbs), 4-0 (3), w pts 4 Simas Volosinas (132lbs), 6-26 (1).

Photos: SOPHIE MERLO



KENNEDY GETS REVENGE

Camacho put to the sword



Gareth Jones
RINGSIDE

NEWPORT

MARCH 13

★★★★★ MAIN EVENT
★★★★★ UNDERCARD

WADI CAMACHO still insists he did not bite **Craig Kennedy's** neck last October, when he was disqualified in two rounds. There is no denying that he bit the dust in the rematch at a packed Newport Centre.

Perhaps Wadi was too keen to prove a point; never a stylist, he was unusually

crude as he hurled roundhouse shots in a bid for early vengeance. The faster, more agile Cardiffian avoided them with ease.

Camacho gradually began to find some sort of range, but Craig unloaded a series of head shots to end the third to deafening acclaim from his army of followers. Wadi opened a torrid fourth with a decent left and a two-fisted flurry, but Kennedy weathered the brief storm and his own assaults left the visitor marked near both eyes. Referee Reece Carter warned Camacho for punching after the call of "break", but the Canning Town man finished the round with another solid left.

Wadi was hanging on at the end of the fifth, yet landed a firm left to begin the sixth, but Kennedy took a couple of steps backwards, drew his man in and jolted him with a sharp right counter. The Welshman looked weary, however,

FULL RESULTS

Craig Kennedy (196 1/4lbs), 11-0 (6), w rsf 7 **Wadi Camacho** (200 1/2lbs), 11-5 (8); **Chris Ware** (159 1/4lbs), 6-1 (3), w ko 7 **Frankie Borg** (159 1/2lbs), 9-4 (3); **Barrie Jones** (139 1/2lbs), 21-10 (8), w rsf 3 **Jerome Samuels** (139 1/4lbs), 5-6 (1); **James Lilley** (157lbs), 7-4 (2) w rsf 1 **Ameen Alkailany** (152 1/4lbs), 0-2; **Kyle Jones** (143lbs), 2-0, w pts 4 **Lewis O'Mara** (144 1/2lbs), 2-6; **Morgan Jones** (170lbs), 2-0 (1), w ko 2 **Edgars Sniedze** (167lbs), 2-10 (2); **Nathan Thorley** (180lbs), 1-0 (1), w ko 1 **Krystian Nadolski** (177lbs), 0-2; **Richie Canning** (145lbs), 1-0, w pts 4 **Danny Donchev** (150lbs), 5-75-1 (1).

THE EQUALISER:
The right hand of Ware [right] proves pivotal



which encouraged Camacho, but Craig found sufficient energy to have his man in trouble again in the closing seconds.

Kennedy had enough left to launch a short right which sent Wadi crashing in a neutral corner. He rose, but had little left, shipping a further half-dozen blows until Mr Carter jumped in just as he crashed over for a second time after 1-49 of the seventh and penultimate round.

Two Welsh titles changed hands, with **Chris Ware** halting brave **Frankie Borg** in seven at middleweight, while former light-middle boss **Barrie Jones** needed just three to see off **Jerome Samuels** and reclaim his old belt.

Last December, Ware had decked Borg twice to take the decision and earn this shot, which reinforced the lesson of the first meeting: Borg is the better boxer, but cannot withstand the Swansea man's short rights to the head.

The first evidence this time around came in the opener and Cardiffian Frankie was also down in the third, fourth and the seventh, referee Carter dispensing with the count to curtail matters at 2-59. Ironically, Borg had won the fifth and sixth – indeed, it could be argued that he took every round in which he stayed upright – but Swansea gym owner Ware always had the argument-settler.

Local boy Samuels never recovered from Jones' unexpectedly aggressive opening. Father-trainer Dai had urged the normally slow-starting Ferndale boy to go for it from the off and Jerome never came to terms with the pace or Barrie's southpaw stance. When Samuels took a knee in the third, Mr Carter let him continue, but he came under severe pressure and it was ended at 2-28 of the session. The title bouts were both 10-rounders.

Aberdare super-middle **Morgan Jones** claimed a second victory when he knocked out Latvian **Edgars Sniedze** with a body shot at 2-13 of a scheduled six-threes, Mr Carter counting.

The rest were all set for four and handled by Martin Williams.

Commonwealth Games bronze medallist **Nathan Thorley**, from Cardiff, decked **Krystian Nadolski** three times with chopping rights and the Taunton-based Pole was counted out on his feet at 2-13 of the first.

Bridgend newcomer **Richie Canning** announced himself with a 40-37 decision over Bulgarian **Danny Donchev**.

Swansea's **James Lilley** battered Cardiffian **Ameen Alkailany** to defeat at 1-52 of the opener, while Pontypridd youngster **Kyle Jones** strolled to a 40-37 verdict over Portsmouth trier **Lewis O'Mara**.

THE VERDICT Kennedy could figure in a seemingly wide-open domestic cruiser scene.

SMASHING, SMYLE



Daniel Herbert
RINGSIDE

+ BETHNAL GREEN
MARCH 14

★★★★★ MAIN EVENT
★★★★★ UNDERCARD

STEVE GOODWIN celebrated five years as a promoter by staging a big show at York Hall, topped by a 10-rounder for the vacant English super-middleweight title that will surely be a contender for Fight of the Year.

After a pulsating, non-stop, close-quarters battle that thrilled the large crowd, Leicester's **Jahmaine "Smasher" Smyle** edged a split decision over **Lee Markham**, of Grays, judges Shaun Messer and Reece Carter handing in 96-95 cards that overruled Kieran McCann's 97-94 for Markham.

I had the Essex man edging it, but it was very close. Markham took the fight to Smyle and thumped the body effectively, but Jahmaine scored with plenty of eye-catching blows himself, mostly to the head. Marcus McDonnell had little to do as referee.

A good 10-round British welterweight title eliminator went the way of Stoke Newington's **Larry Ekundayo**, who survived a second-round cut left eye to halt Welshman **Dale Evans** in the fifth. Evans, from St Clears, was dropped by a right then hammered on the ropes until Mr McDonnell intervened at 2-38.

In a real needle match, Peckham's **Johnny Garton** retained his Southern Area welterweight title by stopping **Nathan Weise** in the fifth of a scheduled 10. Garton steadily outboxed his Thamesmead opponent before dropping him twice in round five, from a big right then a left hook, for referee Reece Carter's intervention at 1-44.

Closing the show was a 10-rounder for the vacant International Masters super-middleweight belt, which saw Croydon southpaw **Leon McKenzie** win every round from referee Marcus McDonnell for a 100-90 triumph over Croatia's **Ivan Stupalo**, who in round five was cut on the left side of his scalp.

Brentwood's "**Smokin'** Joe Mullender" came out fast and dug in a left to the body that made Latvian **Eduards Gerasimovs** bend over in agony, prompting referee Shaun Messer to halt matters after just 85 seconds. This eight-rounder was for the

Photo: BERNARD MILLER

NON-STOP:
Markham [left]
comes forward into
trouble against
Smyle



Jahmaine edges Markham in a thriller

vacant International Masters Bronze middleweight belt.

Tilbury hope **Matt McCarthy** enjoyed an 80-72 points win for referee McCann in an eight-rounder against Bulgarian welter **Stanislav Nenkov**, who didn't come with a trainer - he had to make do with two house seconds in his corner. Nenkov knew enough to negotiate the course, although switch-hitting McCarthy had the edge in speed and worked the body well.

The remainder of the bill consisted of seven four-rounders, with two debutants winning in contrasting fashions. Irish heavyweight **Louis Darling** plodded to a 40-37 points win over Bangor-based Ugandan survivor **Moses Matovu**, while flashy London flyweight **Prince Patel** needed just 90 seconds to wreck Slovakia's **Patrik Kovacs**, who was

FULL RESULTS

Jahmaine Smyle (165lbs), 12-4-2 (5), w pts 10 **Lee Markham** (168lbs), 14-2 (7); **Larry Ekundayo** (147lbs), 9-0 (3), w rsf 5 **Dale Evans** (147lbs), 9-2-2 (3); **Johnny Garton** (146lbs), 14-1 (4), w rsf 5 **Nathan Weise** (147lbs), 10-5-2 (2); **Leon McKenzie** (168lbs), 6-0-1 (2), w pts 10 **Ivan Stupalo** (169lbs), 10-10 (2); **Joe Mullender** (159lbs), 8-1 (3), w rsf 1 **Eduards Gerasimovs** (158lbs), 6-3-1 (6); **Matt McCarthy** (153 3/4lbs), 11-1 (2), w pts 8 **Stanislav Nenkov** (147lbs), 12-11 (1); **Imantas Davidaitis** (193lbs), 4-8-1 (4), w rsf 4 **Arji Sharif** (199 3/4lbs), 3-2 (1); **Louis Darling** (222lbs), 1-0, w pts 4 **Moses Matovu** (206lbs), 5-53-4; **Prince Patel** (110 1/2lbs), 1-0 (1), w rsf 1 **Patrik Kovacs** (114 3/4lbs), 0-3; **Jose Lopes** (199 3/4lbs), 3-0 (2), w rsf 3 **Marko Rupcic** (188 3/4lbs), 3-13-1 (1); **Josh Kennedy** (125 3/4lbs), 2-0 (2), w rsf 2 **Valentín Marinov** (125 1/2lbs), 7-13-1 (4); **Ashley Sexton** (128lbs), 15-2-2 (5), w pts 4 **Elemir Rafael** (128lbs), 29-90-3 (5); **Ashley Hill** (157lbs), 2-0 (1), w pts 4 **Andrejs Loginovs** (157lbs), 16-37-1 (9).

dropped by a left hook then bent over in discomfort under the follow-up attack. Kieran McCann refereed both contests.

In December at this venue, Lithuanian beanpole **Imantas Davidaitis** stopped **Aji Sharif** in two rounds, and now in a rematch the Reading cruiserweight was outboxed before a right floored him heavily and referee McCann called a halt 47 seconds into the last.

Another cruiser battle saw Stratford's **Jose Lopes** land hard left hooks to stop smaller Croatian **Marko Rupcic**, who was rescued by referee McCann after 40 seconds of round three and his third eight-count.

Folkestone featherweight **Josh Kennedy** had an easy night against **Valentin Marinov**, dropping the fragile Bulgarian three times in the first and once more in the next for a stoppage 22 seconds into round two. McDonnell refereed.

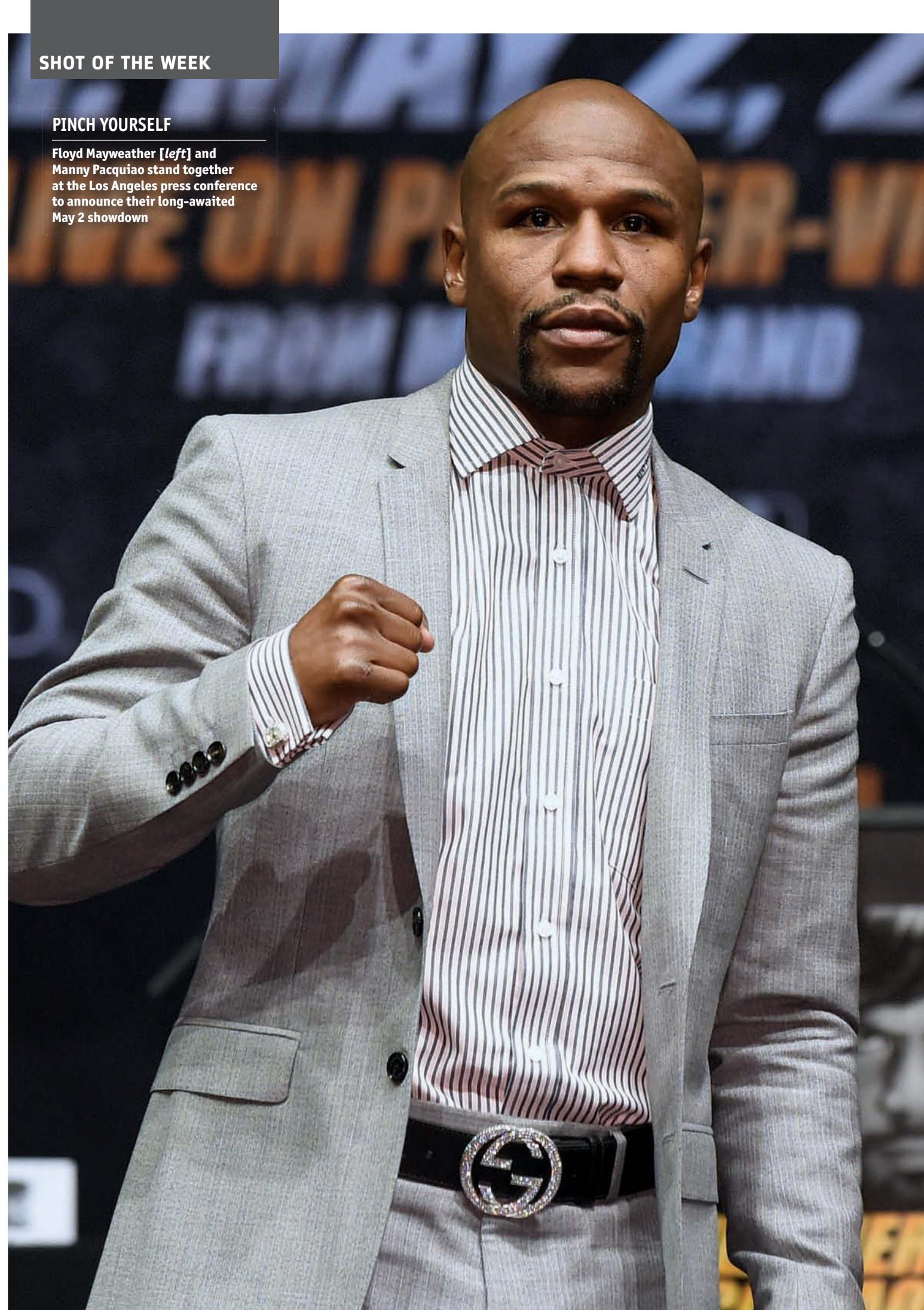
Taken the distance were the two Ashleys. Cheshunt's **Ashley Sexton**, at feather boxing above his best weight, was messed around by Slovakian southpaw **Elemir Rafael**, but still earned a 40-37 mark from referee McCann, while in the light-middle show-opener, **Ashley Hill** thumped the body well for a 40-36 card (referee McDonnell) against Latvia's **Andrejs Loginovs**.

THE VERDICT No imports were needed for the thrilling main event – just two well-matched Brits.

SHOT OF THE WEEK

PINCH YOURSELF

Floyd Mayweather [left] and Manny Pacquiao stand together at the Los Angeles press conference to announce their long-awaited May 2 showdown





SHORT AND SWEET

Bennett crushes
Hearn in first round



Daniel Herbert

RINGSIDE

⊕ BETHNAL GREEN

MARCH 13

★★★★★ MAIN EVENT

★★★★★ UNDERCARD

PROMOTER Mark Burford moved from his usual Ring venue in Blackfriars to the East End's York Hall and the result was a four-fight show that was done and dusted in less than two hours. The decent crowd that turned up enjoyed the action, none more so than the fans of **Lawrence "Bad Boy" Bennett**

Bennett, who saw their hero retain his Southern Area cruiserweight title with a first-round stoppage of **Jamie Hearn**. Both are 32 but Swindon southpaw Bennett is much



FRESH MAN:
Bennett [right] proves a
younger 32 than Hearn

Photo: PHILIP SHARKEY

fresher, having turned pro only three years ago; this was his eighth fight (now 7-1, two wins early). Hearn, from Colnbrook in Berkshire, turned pro in 2002 and was having his 20th bout (now 11-8-1, five wins early) – but crucially he is a former super-middleweight.

At 198 1/2lbs he was half a pound heavier than Bennett but the Wiltshire man looked much stronger and his punches went right through Hearn. Early on, a right jab wobbled Hearn, with the follow-up attack putting him over.

After the eight-count Jamie still seemed shaken and he could only retreat to the ropes, where a big right-left rocked him, prompting Bennett to open up with more heavy blows. Hearn was covering under fire when referee Jeff Hinds sensibly rescued him with just 1-43 gone.

Margate's **Jack Morris**, who last year lost to Bennett up at cruiser, is really only a light-heavyweight and it was at 183lbs that he improved to 13-2-1 (5) with a six-round points victory over **Josef Obeslo** (181lbs).

The man from the Czech Republic tried to mess Morris around by switching stances and winding up his right hand, but Jack stuck to his task as he

ploughed forward and picked up points, mostly with the left hook. Obeslo's best round was the fourth, when he opened up to land a few shots; that was possibly the session referee Kieran McCann gave him in his 59-55 score. Obeslo is now 6-20-3 (4).

Burford's light-welter prospect

Kay Prosperc impressed in stopping experienced

Mark McKray, of Tottenham,

in the second of a six-rounder

that closed the show.

The tall, mobile Prosperc, from Luton, won the first with his long rights then in round two hurt McKray with a left-right.

A follow-up barrage had McKray pinned in his own corner and although referee McCann's intervention at 1-25 was a tad premature, it only

brought forward the inevitable. Both scaled 141lbs and Prosperc is 5-0 (3), McKray 5-28-1 (4).

Opening the show was a four-roundender that saw **Robin Dupre** (195lbs), of Dagenham, work behind the jab as he improved to 7-0 (1) with a 40-37 points win over the Czech Republic's **Jiri Svacina** (198lbs), now 12-14 (1).

THE VERDICT Improving
Bennett can be a factor at
cruiserweight.



POUND FOR POUND PROGRAMMING

THURS 19 MARCH 8PM • NEW: BOXNATION PRESENTS CASSIUS & HELDER
THE IFL TV TEAM DELIVER THE NEWS, VIEWS AND INTERVIEWS FROM THE BOXING WORLD THAT THE FANS WANT TO HEAR

FRI 20 MARCH 4AM • LIVE: GOMEZ V KAMEGAI

EXPECT A GRUELING 10 ROUND BATTLE BETWEEN TWO BIG PUNCHING LIGHT-MIDDLEWEIGHTS AS TOUGH ALFONSO GOMEZ FACES JAPAN'S YOSHIIHIRO KAMEGAI

SAT 21 MARCH 4PM • UNCUT: THURMAN V DIAZ

THREE WORLD TITLE FIGHTS IN ONE NIGHT. KEITH 'ONE TIME' THURMAN FACES JULIO DIAZ IN THE MAIN EVENT, AND A FIGHT OF THE YEAR CANDIDATE BETWEEN LUCAS MATTHYSSE AND JOHN MOLINA JR

SUN 22 MARCH 4PM • RING MASTERS - NIGEL BENN

RING MASTERS TAKES A LOOK BACK AT THE CAREER OF FORMER WBC SUPER-MIDDLEWEIGHT CHAMPION NIGEL BENN, ONE OF BOXING'S MOST FEARED PUNCHERS OF THE 90S AS HE TAKES ON FELLOW BRITISH FIGHTER HENRY WHARTON

MON 23 MARCH 7PM • NEW: BOXNATION PRESENTS

EVERY TIME A BIG FIGHT'S COMING UP ALEX STEEDMAN AND HIS ESTEEMED GUESTS PREVIEW THE ACTION
TUES 24 MARCH 7PM • NEW: BOXNATION PRESENTS

RELATIVE UNKNOWN HARRY SIMON TAKES ON RONALD 'WINKY' WRIGHT FOR HIS WBO LIGHT MIDDLEWEIGHT BELT AT THE CAROUSEL CASINO IN SOUTH AFRICA. A GREAT FIGHT, WITH A PECCULAR CONCLUSION

WED 25 MARCH 6PM • RING MASTERS - STEVE ROBINSON

JIM ROSENTHAL AND RICHIE WOODHALL ASSESS THE CAREER OF THE CINDERELLA MAN STEVE ROBINSON THROUGH TWO OF HIS FINEST PERFORMANCES AGAINST COLIN McMillan AND PAUL HODKINSON

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McKRAY
PINNED IN
HIS OWN
CORNER**

RICHARDS GIVEN THE BLUES IN GRAYS

Coyle wins and happy days for Dingsdale as he outpoints Fonz



Andy Whittle

Senior correspondent

Richards had returned from a three-year sabbatical at Cannock just a couple of weeks earlier and in a somewhat lacklustre showing, dropped all eight rounds to Stafford's Rob Hunt. He did fractionally better on his visit to Essex, earning a share of one round, thus losing 80-73, but there was only ever going to be one winner.

Johnny's victory sees his record improve to 9-0-1 (2).

Another eight-threes for the vacant British Masters Bronze welterweight title, between Leigh-on-Sea's German-born **Vinzenz "Bam-Bam" Kuech** and Bicester's **Daza Usher**, proved an exciting affair with Daza recovering from a seventh-round knockdown to halt southpaw Kuech in the very next, and last, round.

Londoner **Frank Greaves**, elder brother of recently retired East Ham centurion Johnny, secured his first paid victory in what was his second pro contest, a 40-37 four-round win over experienced **Dan Carr** completed a family double over the Trowbridge puncher, whom Johnny had outpointed 39-37 in his very last bout at York Hall in September 2013.

A clash of first-timers at light-heavyweight between Oxford's **Joe Jackson-Brown** and Bracknell's **Charlie Brown** saw Joe emerge an early winner, less than two rounds of a scheduled four-threes having elapsed.

On the same night, 25 miles further south at Gillingham's Medway Park Leisure Centre, **Adam Dingsdale**, from across the river in Hoo, stayed busy ahead of his Southern Area lightweight title defence against Michael Devine with a six-rounder against Newark's **Fonz Alexander**, who was boxing for the fourth time in five weeks.

As might have been expected "Dingsy" came out on top, but he was afforded no easy night as evidenced by the 58-56 score at the cessation of hostilities. Alexander, as is usually the case, had

TANFORD-LE-HOPE'S unbeaten **Johnny Coyle**, who less than 10 months after joining the paid ranks bagged the *Prizefighter* title, along with a nice little cheque for £32,000, was back in the ring as Carl Greaves promoted at Grays Civic Hall (March 14), securing a vacant British Masters Bronze light-welterweight strap with a decisive points victory over Melksham's **Liam Richards**.

Richards had returned from a three-year sabbatical at Cannock just a couple of weeks earlier and in

a somewhat lacklustre showing, dropped all eight rounds to Stafford's Rob Hunt. He did fractionally better on his visit to Essex, earning a share of one round, thus losing 80-73, but there was only ever going to be one winner.

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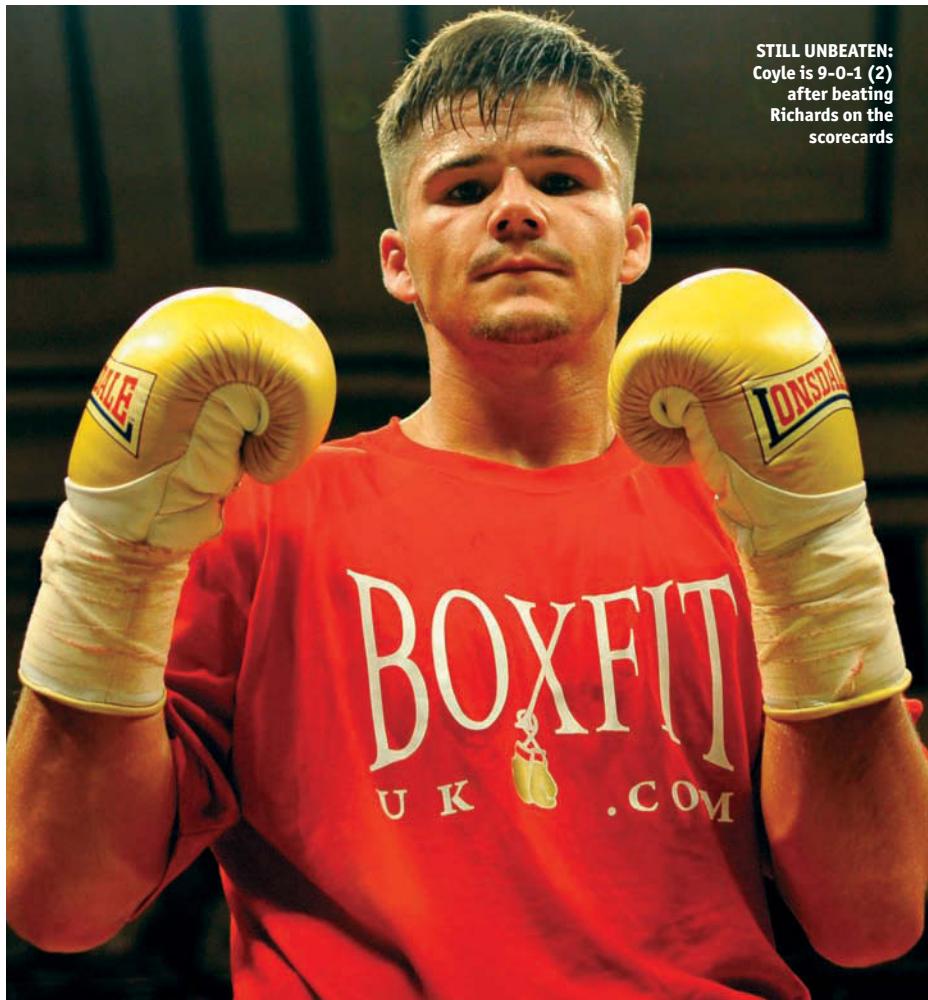
Londoner **Frank Greaves**, elder brother of recently retired East Ham centurion Johnny, secured his first paid victory in what was his second pro contest, a 40-37 four-round win over experienced **Dan Carr** completed a family double over the Trowbridge puncher, whom Johnny had outpointed 39-37 in his very last bout at York Hall in September 2013.

A clash of first-timers at light-heavyweight between Oxford's **Joe Jackson-Brown** and Bracknell's **Charlie Brown** saw Joe emerge an early winner, less than two rounds of a scheduled four-threes having elapsed.

On the same night, 25 miles further south at Gillingham's Medway Park Leisure Centre, **Adam Dingsdale**, from across the river in Hoo, stayed busy ahead of his Southern Area lightweight title defence against Michael Devine with a six-rounder against Newark's **Fonz Alexander**, who was boxing for the fourth time in five weeks.

As might have been expected "Dingsy" came out on top, but he was afforded no easy night as evidenced by the 58-56 score at the cessation of hostilities. Alexander, as is usually the case, had

Photo: ACTION IMAGES/ADAM HOLT



STILL UNBEATEN:
Coyle is 9-0-1 (2)
after beating
Richards on the
scorecards

come to fight and Dingsdale will doubtless be grateful at having been given a feisty run-out as he prepares to face Luton's Devine at York Hall in May.

Kent heavy **DL Jones**, in his third pro outing, went in with Melton Mowbray's experienced Midlands Area champion **Paul Butlin** and was awarded victory by the narrowest of margins. The score at the end of an always-close four-threes read 39-38 in favour of Queenborough's Jones, though Butlin's team felt their man had done enough to edge it.

Rematch in the Midlands anyone?

With a show in Wishaw having been pushed back a fortnight, the only action north of the border came at Dundee's Caird Hall (March 14), where home favourite and big ticket-seller **"Iron" Mike Towell** impressed in stopping Lithuania's usually durable **Arvydas Trizno**, a regular visitor to the UK, inside the opening round.

Relative novice Towell is held in high esteem locally and he did his reputation no harm by handing the experienced man from the Baltic, who already this year had gone the distance

with Southport's Scott Moonan and, only a week earlier, Sleaford's Amir Unsworth, his quickest defeat in 63 outings. Trizno was down three times before a halt was called.

Dundee's **Ronnie Clark** provided support in a scheduled six-rounder against Plymouth's **Chris Adaway**, who on a visit to Scotland just two weeks previously had edged out Irvine's Ryan Collins over four.

While always busy and on top before dropping Chris and forcing a stoppage in the closing stanza, the man dubbed "The Shark" was given a decent workout by the tough Devonian visitor, just five months into his pro career, who was the recipient of several punishing body shots.

Ronnie is out again at Aberdeen Beach Ballroom next month where he takes on Hartlepool's Peter Cope on the undercard of a show which sees local favourite Matthew McAllister attempt to relieve Paisley's Craig Kelly of his Scottish Area welterweight title.

Debutant **Andrew Mackay**, a lightweight from Inverness, marked his bow in the paid ranks by scoring a third-round knockdown en-route to a points success over Herefords as-yet-winless **Dean Evans**.

DOMESTIC ROUND-UP ★

MARCH**THURSDAY 19****Radisson Blu Hotel, Glasgow**

Grant Quigley v Mark Till; David Barnes v s/o. (Promoter: St Andrew's Sporting Club).

FRIDAY 20**Fantasy Springs Casino, Indio, California (BoxNation & FOX Sports 1)**

Alfonso Gomez v Yoshihiro Kamegai; Ronny Rios v Jesus Navarro; Jamie Kavanagh v Miguel Zamudio; Jason Quigley v s/o. (Promoter: Golden Boy Promotions).

Auditorio Blackberry, Mexico City, Mexico (Telemundo)

Alejandro Hernandez v Martin Casillas. (Promoter: All Star Boxing).

The Melbourne Pavilion, Flemington, Australia

Michael Katsidis v s/o. (Promoter: Big Time Boxing).

SATURDAY 21**York Hall, Bethnal Green**

Michael Lomax v Chas Symonds; Ryan Taylor v Danny Gunn; Dominic Akinlade v Kamil Sokolowski; John Cash v Aaron Robinson; Adam Salman v Teodor Stefanov; Tony Conquest v s/o; Robert Lloyd Taylor v Duane Green; David Abraham v Moses Matovu; Luke Davey v Bheki Moyo; Taylor Jordan v Liam Griffiths; Billy Long v Iain Jackson; Michael O'Rourke v Jamie Quinn; Jordan Joseph v s/o. (Promoter: Goodwin Main Events).

Metrodome, Barnsley

Ben Wager v Kevin Hooper; Jack Churchill v Qasim Hussain; Tony Cruise v Jason Jones; Lee Gibbons v Nathan Kirk; Wayne Reed v Simone Lucas; Marcus Morrison v Dee Mitchell; Ryan Hardy v Jamie Ingleby. (Promoter: Carl Greaves Promotions).

Olympia, Liverpool

Adam Ismail v s/o; Wayne Adeniyi v s/o; James Metcalf v s/o. (Promoter: VIP Promotions).

BOXING ON THE BOX**THURSDAY 19**

6.00pm Sky Sports 1
Ringside
8.00pm BT Sport 2
LIVE WSB: British Lionhearts v Morocco Atlas Lions
8.00pm BoxNation
Cassius and Helder

FRIDAY 20

7.00pm BoxNation
Bunce's Boxing Hour

SATURDAY 21

4.00am BoxNation
LIVE Alfonso Gomez v Yoshihiro Kamegai
10.00pm Sky Sports 3
LIVE Juergen Braehmer v Robin Krasniqi

MONDAY 23

7.00pm BoxNation
Boxing Matters

TUESDAY 24

9.30pm BT Sport 2
Boxing Tonight
WEDNESDAY 25
1.55am Channel 4
KOTV Boxing Weekly

City Academy Sports Centre, Bristol

Ashley Lane v Brett Fidoe (vacant Midlands Area bantamweight title); Dane Kelly v Chris Nixon; Liam Hunt v Fabrice Mpata; Thomas Jarvis v Dean Evans; Ricky O'Brien v Joe Beeden; Ricky Dennis Pow v Davie Drummond; Dan Sarkozi v s/o; David Bailey v Krystian Nadolski; Duane Winters v Darren Pryce; Josh Baker v Harjinder Gill. (Promoter: Sanigar Events).

Leeds United FC Banqueting Suite, Elland Road, Leeds

Hamed Ghaz v s/o; Adil Anwar v s/o; Darren Tetley v s/o; Steven Mennell v s/o; Ben Roberts v s/o; Hassan Younis v s/o; Harry Matthews v s/o. (Promoter: Mark Bateson & Kevin Spratt).

Alona Hotel, Motherwell

Kenny Davidson v Scott Edgar; Lee Gallacher v William Warburton; Rhys Pagan v Ryan Toms; Michael McGurk v s/o; Mohammad Babazdeh v Borislav Zankov. (Promoter: Prospect Boxing).

SATURDAY 28**Motorpoint Arena, Sheffield (Sky Sports)**

Kell Brook (holder) v Jo Jo Dan (IBF welterweight title); Gavin McDonnell v Alexander Egorov (vacant European super-bantamweight title); Adam Etches (holder) v Sergey Khomitsky (IBF International middleweight title); Robbie Turley v Anselmo Moreno; Khalid Yafai v Cristofer Rosales; Jordan Gill v Barrington Brown; Charlie Edwards v s/o; Frankie Gavin v s/o; Kyle Yousaf v s/o; Nadeem Siddique v s/o. (Promoter: Matchroom Boxing).

Andersonstown Leisure Centre, Belfast

Kris Hughes (holder) v James Tennyson (Celtic featherweight title); Dee Walsh v Peter Orlik; Paul Hyland Jnr v Imre Nagy; James Fryers v Mark Morris; Tyrone McKenna v Istvan Kiss; Joe Hiller v Moses Matovu; Daniel McShane v s/o. (Promoter: Mark H. Dunlop).

Mountbatten Centre, Portsmouth

Floyd Moore v Kristian Dochev; Chris Hobbs v Kelvin Young; Ryan Davies v s/o; Michael McKinstry v Duane Grimes; Jimmy Cooper v David Leo; Myley Lee v Bheki Moyo; Thomas Kindon v Sergejs Logins; Biola Kudus v Curtis Gargano; Danny Couzens v Mitch Mitchell; Danny Goode v James Conroy; Lucas Balingall v Aron Szilagyi. (Promoter: Goodwin Sports).

Civic Hall, Bedworth

Sullivan Mason v Kevin McCauley; Sam Bowen v s/o; Paul Holt v s/o. (Promoter: Carl Greaves Promotions).

Holte Suite, Villa Park, Birmingham

Billy Mullan v Jack McCormack; Karl Wiggins v s/o; Lee Jones v s/o; David Maguire v s/o; Natty Howell v s/o;

Charlie Williams v s/o; Declan Geraghty v s/o; Michael Rooney v s/o; Dan Breeze v s/o; Marcus Ffrench v s/o.

Middleton Arena, Middleton

Zelfa Barrett v s/o; Matthew Ryan v s/o; Sean Ben Mulligan v s/o; Chris Monghan v s/o; Blaise Mendouo v s/o; Bilal Rehman v s/o. (Promoter: Black Flash Promotions).

Rivals Gym, Wishaw

Scott Allan v s/o; Alistair Black v Ibrar Riyaz; Barry Craig v s/o; Adam McKenzie v Josh O'Donnell; Dougie Vincent v Luke Keleher. (Promoter: Alex Morrison).

Evoque Nightclub, Preston

Anthony Fitzgerald v s/o; Mark Scanlon v s/o; Chris Healey v s/o; Saqib Qureshi v s/o; Tomasz Mazurkiewicz v s/o; Mark Kerr v s/o; Tshifhiwa Munyai v s/o; Marc Leach v s/o; Ashley Peyton v s/o; Liam Conroy v s/o; Matty Clarkson v s/o; Kofi Yates v s/o; Craig West v s/o. (Promoter: Oliver Harrison).

Palms Casino, Las Vegas, Nevada (Showtime)

Jhony Gonzalez (holder) v Gary Russell Jnr (WBC featherweight title); Jermell Charlo v Vanes Martirosyan.

APRIL**THURSDAY 2****Belasco Theater, Los Angeles, California (FOX Sports 1)**

Julian Ramirez v Raul Hidalgo; Everton Lopes v s/o. (Promoter: Golden Boy Promotions).

FRIDAY 3**Corona, California (ESPN2)**

Petr Petrov v s/o; Taras Shelestuk v s/o. (Promoter: Banner Promotions).

SATURDAY 4**Metro Radio Arena, Newcastle (Sky Sports)**

Dave Ryan (holder) v Bradley Saunders (Commonwealth light-welterweight title); Anthony Joshua v s/o; Travis Dickinson v Mustafa Chadli; Charlie Flynn v s/o; Simon Vallily v Paul Drago; Anthony Nelson v s/o; Jordan King v Jamie Ambler; Jeff Saunders v s/o; Lewis Ritson v Kristian Laight; Jon-Lewis Dickinson v Stephen Simmons. (Promoter: Matchroom Boxing).

King George's Hall, Blackburn

Luke Blackledge v Liam Cameron (vacant Commonwealth super-middleweight title); Isaac Lowe v Lee Glover (vacant English featherweight title); AJ Faizy v s/o; Artif Ali v s/o. (Promoter: VIP Promotions).

Hilton Hotel, Blackpool

Adam Little (holder) v Sam Matkin (Central Area welterweight title). (Promoter: Carl Greaves Promotions).



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'I'M NOT DONE YET'

Brandon Rios tells Thomas Gerbasi
he's back to his best



FTER 36 professional boxing matches, Brandon Rios has had his hand raised an impressive 33 times. But the morning after his latest victory over Mike Alvarado on January 24 was different than most.

"It was great because I didn't have to wake up with a black eye, my face swollen, or with a cut," he laughed. "So I felt really good and, most of all, I woke up and I knew I had a great performance and I knew I had done a great job. It felt so amazing."

Rios' third-round stoppage of Alvarado completed the pair's trilogy, and while it was seen by most observers as an anti-climactic finish after their previous two riveting bouts, for the 28-year-old Rios, it was a rebirth, as he not only delivered his first significant win since stopping Alvarado in October 2012, but he looked sharper, in better shape and more focused than he has in several years.

"As I'm getting older, I'm getting wiser, and it pays off when you train right and do everything right and listen to the corner," Rios stated, and the reason for his revival was simple.

"I had to win that fight. I had to. It was a must-win for me. I think if I would have lost that fight, my career might have been over and I would have been back fighting on [minor TV channel] *Telefutura*. I had fun with that, but I would be making less money, so I didn't want that to happen. I had to grind so hard to win that fight, and I had to train right and do everything right. That's why before the fight

I kept saying my back was against the wall. The winner goes up and the loser goes down and

I didn't want to go down yet. I am young in the sport and I do still have a lot of gas in my tank and a lot to prove what I can do when I'm at my best."

Two fights removed from his lacklustre 12-round decision loss to Manny Pacquiao in November 2013, Rios might have been exaggerating things a bit. Yes, a disqualification win over Diego Chaves last August inspired no one, but heading into the Alvarado rubber match, the Oxnard, California product was a former world lightweight champion, an action fighter and someone popular among both casual and hardcore fight fans.

Fighters are a different breed though, and Rios' sentiments bring to mind something future Hall of Famer Bernard Hopkins said before his 2004 bout with Oscar De La Hoya. The way he saw it, a loss to "The Golden Boy" would have returned him to ESPN, a ludicrous thought, but something that served as motivation.

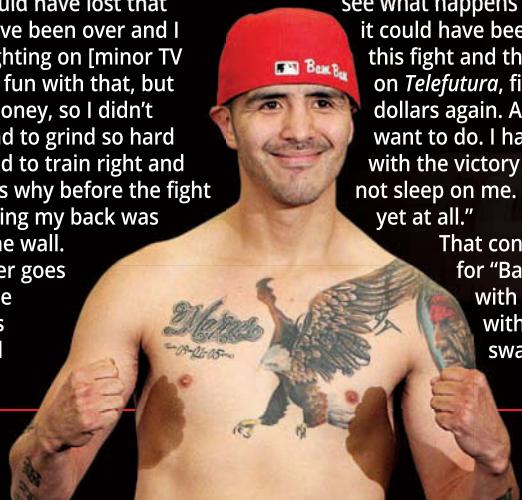
"You have to have that mindset, and not only that, you have to know what the consequences could be," Rios said.

"When Hopkins was thinking that and I was thinking that, it was realistic. People don't see the hard work and the background of the boxers. All they see is the guy in the ring making a certain amount of money and doing a great job. They don't see what happens behind closed doors, and yeah, it could have been like that. I could have lost this fight and the next fight would have been on *Telefutura*, fighting for five, six thousand dollars again. And that's something I did not want to do. I had the mindset to come out with the victory and prove to my promoter to not sleep on me. I'm not done yet. I'm not done yet at all."

That confidence wasn't always there for "Bam Bam". Twelve losing rounds with Pacquiao and several months without serious training took all his swagger away, and when you ➤

SHAPING UP: Rios now dedicates himself to his training regime and listens to his corner

**BRANDON
★ RIOS ★
BIG FEATURE
BOXING**



RELIEVED: Rios is elated at beating Alvarado again

Photos: CHRIS FARINA/
TOP RANK



HIGH: Rios [above] walks through old foe Alvarado
LOW: Brandon [above right] is dominated by Manny Pacquiao
HONEST: Candid 'Bam Bam' [right] knows where it all went wrong

► fight the way Rios does, attitude is more than half the battle. In fact, he looks at his friendly rival Alvarado and sees what the Coloradan has been going through with his legal problems and other out-of-the-ring issues, and he can easily see himself in the same position if not for the support of wife Vicky and coach Robert Garcia.

"If I didn't have the right people around me, especially my wife, who has helped me out tremendously, and my trainer, that would have been me," he admitted. "I probably wouldn't be fighting on TV; I probably would have been in jail. The route and the way I was going, I would have been locked up. My wife helped me out a lot, and so did my trainer, and without them, I wouldn't be here."

The wild child of Oxnard has mellowed considerably, but even with positive influences around him, he still needed to get his confidence back after the Pacquiao fight, and that was something only he could muster after the dark days that shook the smile off his face.

"After the Pacquiao fight, that was the first time I've ever been negative on myself," he noted. "I was really down and went to a depression mode because I lost one of the

HAPPIER NOW: Rios has rebounded from poor form and depression



“
THE ROUTE AND THE WAY I WAS GOING, I WOULD HAVE BEEN LOCKED UP
”

bigest fights of my life. I thought I was ready and I was so confident, but it was a cocky confidence because I thought I was on top of the world and I thought nobody could touch me. And that was my fault. I don't blame it on nobody else but myself.

"I was so down after. Never in my life did I take eight months off training. I didn't run, I didn't do anything. When I came into the gym for the Chaves fight I was really heavy and I was trying to lose the weight; I wasn't really training for the fight, and I wasn't emotionally involved for that fight."

It showed. In an ugly bout, Rios trailed by a point on two of the three judges' scorecards before an elbow to the face by Chaves prompted referee Vic Drakulich to disqualify the Argentinean. Rios got lucky.

"Everything was against me and I regret it," he remembered. "I looked heavy, I didn't look good. It was horrible. I saw the fight one time and I can't look at it again because that wasn't me mentally and physically."

Less than five months later though, everything clicked, as Rios tore through Alvarado as if he wasn't there. Was it Alvarado at his best? Probably not, but Rios did what you do with opponents who aren't on your level anymore; he got rid of him, quickly, efficiently, brutally. Given the ferocity of their rivalry in the ring and their easygoing relationship outside of it, you have to wonder how Rios can find that trigger to turn it on when fighting someone he would likely consider a friend. For him, it's not an issue.

"You've got to be like that," he pointed out. "This is our job, this is what we do for a living."



MORE THAN WORDS:
Trainer Garcia [right
and below left]
exerts a huge
influence on Rios



and this is how we put food on the table. To me, it would be like going into the ring and letting Alvarado rob me and I can't let that happen. I had to be more confident and more ready for anything that would happen."

And once Alvarado retired in the corner after the third round, Rios flipped the switch one more.

"Me and Alvarado don't have any animosity with each other," he explained. "If I see him again, I'll probably have a beer with him and chill and talk about old times and the fights we had together. It's not like I'm going to hate him because we fought. Alvarado's a cool guy. He's had problems outside the ring that he has to get taken care of, and I know how it

feels because I've been in that situation before too, but at the end of the day, he's still a human being, so I respect him."

Rios has earned that respect from the boxing community as well. Has he gone off the rails at times? Absolutely, but today, still over a year removed from his 30th birthday, dare we say that Brandon Rios is maturing?

He laughs.

"I'm as real as it comes," he declared. "I don't fake the funk. If I have something to say, I'll say it. Whatever I'm thinking,

'VICIOUS' RETURN?

Rios and rival Ortiz could be heading for war

AS soon as Rios dispatched Alvarado in their rubber match, the call went out for Rios' next bout to be against former welterweight champion Victor Ortiz, and the two proceeded to exchange 'pleasantries' over social media. With the promotional Cold War thawing, will the bad blood match-up happen?

"You never know," Rios said. "Life is crazy and mysterious. It could be my next fight, we don't know. Is that a fight I would love to do? Yes. I'd love to do that fight because there is bad blood between us and it's not fake. It's something real. We don't like each other. Yes, we grew up with each other and we were cool at one time, but all of a sudden s*** happened and if we ever do meet, I will tell everybody why we don't like each other and they will understand it."

Can we get a hint?

"If the fight happens, you will find out," he vowed.

it comes out of my mouth, which sometimes is a bad thing and sometimes is a good thing. But I'm just real. I'm down-to-earth like everybody else. I don't think I'm better than anybody because I'm a fighter. I'm an average Joe and I see everyone the same as me, like a person."

He's right, and though you may cringe at what comes out of his mouth at times, Rios is an everyman, just one that can do extraordinary things in a boxing ring when he's on top of his game. So what's next for him? The names Timothy Bradley, Miguel Cotto, Jessie Vargas and Chris Algieri are being bandied about for a possible June bout, but it's clear that whoever Rios meets, it will be a fight to remember. And that's all he wants.

"Like I tell everybody, my manager, Cameron Dunkin, is one of the best in the world, and I love that guy to death," Rios said. "He's the best at what he does, and what he decides on, and whoever he chooses,

he has my blessing and that's who I fight. It works three ways – Robert, my manager and [promoter] Bob Arum. If they all agree on a certain fight, that's who I fight. My job is to train and to be ready for a fight. I'm a fighter. And it feels good to be back." BN

Photo: REUTERS/EDGAR SU

ON RICE:
Brandon Rios tucks
into a pre-fight meal



NO CARBS BEFORE MARBS?

Dr James Morton explains how boxers should treat carbohydrate

THE conventional nutritional advice to athletes is to subscribe to a diet high in carbohydrate as well as to consume sports drinks during exercise so as to maintain the capacity to perform high training intensity and volume. However, considerable controversy exists over how much carbohydrate athletes should actually consume, especially for those athletes making weight. Indeed, whereas carbohydrate is required to perform high-intensity exercise, too much of this resource in your diet and the use of sports drinks during training can actually make it harder to lose body-fat and hence, make weight. In this article, I therefore outline some simple suggestions to incorporate carbohydrate into your daily diet to simultaneously make weight but yet also maintain your training intensity.

Photo: ACTION IMAGES/PETER CZIBORRA

WATER WORKS:
Steer clear of sugary
drinks while training



TYPE

The carbohydrates in the food we eat are generally classified according to their glycemic index (GI), a numerical scale which ranks the ability of the carbohydrate to raise our blood-sugar levels.

Sports nutritionists generally refer to high-GI foods as those foods that raise blood-sugar levels quickly (e.g. white bread, mashed potatoes, cornflakes/sugary cereals, fizzy drinks, pasta, confectionery etc), whereas foods classed as moderate or low-GI are those that raise blood-sugar levels more slowly (e.g. porridge, basmati rice, sweet potato, quinoa, fruits, vegetables etc).

Given that high-GI foods are not generally facilitative of fat loss, it is therefore recommended that the majority of your daily carbohydrate foods during training days are taken from low and moderate-GI foods. In contrast, following the weigh-in and when the muscle needs to be stored with energy as quickly as possible, consuming easily digestible, high-GI foods is considered sensible.

TIMING

Although carbohydrate is necessary to fuel high-intensity exercise (such as boxing gym sessions), consuming it too close to the training session inevitably means that you are relying on the carbohydrate you've just eaten to provide you with energy and not necessarily using your body-fat stores, the very thing you are trying to lose in the first instance. For this reason, low-GI carbohydrates should be consumed at least two-and-a-half-three hours prior to your session. In practice, this could mean consuming carbohydrate at breakfast (e.g. 8.30am) with a subsequent gym session at 11am. Furthermore, because consuming carbohydrate immediately pre-exercise and sports drinks during exercise reduces the amount of fat we use during exercise, many fighters often perform a morning run before breakfast (e.g. 7am) and then have breakfast when they return. From a physiological perspective, this strategy makes sense, as the whole of the morning period would therefore be optimised to use fat as a fuel. It would also likely be beneficial to reduce the amount of carbohydrate that you consume in the evening period given that we are more prone to store body-fat in the evening, especially when large volumes of carbohydrate are being consumed and no exercise is being performed.

HOW MUCH

The amount of carbohydrate you require each day is dependent on your training intensity and volume, how much weight you need to lose and also how long you have to make your target weight. As such, it is not possible to provide a one-size-fits-all approach here, unlike the protein recommendations discussed last month. Nevertheless, in my experience of working with professional boxers, footballers and cyclists (all of whom were required to lose bodyweight and body-fat), I have generally

THE WHOLE MORNING WILL BE OPTIMISED TO USE FAT AS A FUEL

found daily carbohydrate requirements to be in the region of 2-5g/kg of body-mass per day. For example, a 70kg athlete would need between 140-350g of carbohydrate per day. Additionally, the majority of this carbohydrate should be consumed at breakfast (i.e. after an initial morning run) and lunch (after the main training session of the day) with the least amount in the evening period. For an example, an athlete requiring 200g per day could consume 80, 80 and 20g at breakfast, lunch and dinner, respectively, while the remaining 20g could come from a mid-afternoon snack e.g. yoghurt. While such daily carbohydrate intakes are lower than traditional textbook advice, research from our laboratory has suggested they are facilitative

of weight loss while also enhancing the aerobic adaptations of our muscles to training. Nevertheless, to help aid clarity, I would advise all fighters to obtain professional advice when planning their daily carbohydrate strategies.

Photo: ACTION IMAGES/ANDREW COULDRIIDGE



EARLY RISER:
Run before you fill your tum



BOXINGNEWSONLINE.NET /FIGHTING-FIT

WHAT'S HOT IN THE WORLDS OF TRAINING, TECHNIQUE, NUTRITION AND GEAR



MITCHELL'S MOVES

We step into trainer Tony Sims' gym to get a close look at world-class lightweight Kevin's training



STRENGTH AND CONDITIONING

Coach Cameron Goff and unbeaten pro Charlie Edwards teach you about S&C for boxing



TIMING IS EVERYTHING

Lee Rickard explains the benefits of eating certain foods at set times



THE BEST GEAR

We review some of the finest products on the market, including gloves and clothing

CARB CHECKLIST

MAKE LOW AND MODERATE-GI SOURCES THE EMPHASIS OF YOUR DAILY CARBOHYDRATE CHOICES

MAKE porridge, basmati rice, sweet potato, fruits and vegetables the staples of your carbohydrate foods.

CONSUME CARBOHYDRATE TWO-AND-A-HALF-THREE HOURS BEFORE HARD TRAINING SESSIONS

THIS is to allow sufficient time for digestion and provide enough fuel to get through high-intensity training sessions. Consuming it too close to the session will not provide enough time for digestion and will also reduce the amount of fat you use to also fuel that training session.

AVOID HIGH-GI FOODS AND SPORTS DRINKS UNTIL AFTER THE WEIGH-IN

CONSUMING high-GI foods and sports drinks during training days can often be counter-productive to fat loss. However, these foods are often suitable for after a

weigh-in as they can quickly store energy in our muscles therefore meaning we are ready to compete the next day.

DO NOT CONSUME CARBOHYDRATE LATE AT NIGHT

THE traditional pattern of eating is to consume the largest amount of carbohydrate in the evening followed by snacks such as cereals or toast before bed. For those athletes who trained in the morning or early afternoon periods, this pattern of eating would be counter-productive to fat loss as energy is not needed in the evening period if no training is being performed.

● Dr James Morton PhD is an Associate Professor at Liverpool John Moores University and the nutritionist for Liverpool FC. He works with Team Sky and has also helped Derry Mathews, Paul Edwards, Tony Dodson, Rocky Fielding and David Price.

Photo: ACTION IMAGES/PETER CZIBORRA

WINGING IT:
Johnson trains
when he wants and
eats when he is hungry

{ NEW SERIES }

MY DIET

CALLUM JOHNSON

Starting a new series, unbeaten prospect and Commonwealth Games gold medallist Callum Johnson reveals his nutritional regime and Dr James Morton analyses it and adds suggestions

PHILOSOPHY

I DON'T even have a routine, I just eat what I fancy. I don't prepare my food in advance or plan ahead but I keep healthy and keep track of my weight. I don't know the science behind it but I try and vary my diet and I know I'm eating the right stuff. I also like a little cheesecake now and again, a treat once or twice a week.

Doctor's orders:

Although many athletes do not follow a structured plan, it can be useful to not only see what works but also what doesn't. By tracking the type, timing and quantity of your food and fluid intake along with magnitudes of weight loss and how you felt during and after each training session, you can continue to make subtle improvements which, over the years, could make a meaningful difference.

BREAKFAST

I have porridge every morning religiously, just plain or with a bit of honey maybe.

I eat breakfast about an hour before I go to the gym, so I might eat it at 9am then train at 10am. I don't stuff myself. Even sometimes before a night session I might have a little porridge for energy, it makes me feel full and energised.

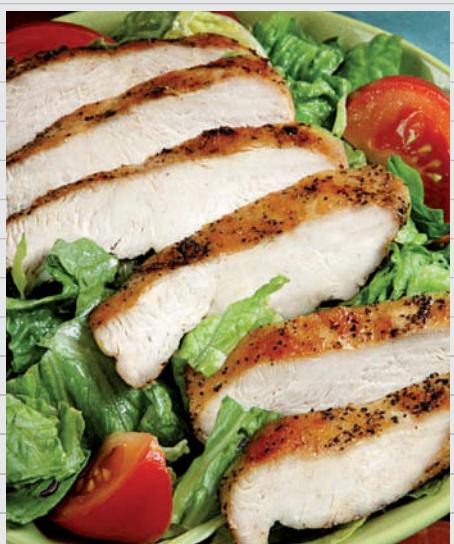
Doctor's orders:

Porridge is a perfect breakfast but it could be consumed an hour earlier to allow more time for digestion. Depending on the amount of milk you use, you could be lacking protein at breakfast. Adding some whey protein to your porridge – or having three eggs at breakfast – could increase your protein intake.

Photos: iSTOCK PHOTO

MORNING BOOST:

Johnson eats porridge – sometimes with honey – every morning, while chicken [below left] is packed with protein



LUNCH

I have a good meal, so chicken and veg, fish and veg. I really enjoy fish – salmon is my favourite – and a nice steak, with a few new potatoes. I used to be really into broccoli but now it's asparagus and spinach; I prefer green veg.

Doctor's orders:

Lunch choices seem great in terms of protein and vegetables. Depending on the weight that needs to be lost, it is fine to add some more variety of carbohydrates to help recovery e.g. basmati rice, quinoa, sweet potato etc.

DINNER

My main meal I have after my last training session, so it could be 6-7pm or sometimes as late as 9pm; I'm a spur-of-the-moment person, I don't train at set times except when I'm with [head coach] Joe Gallagher in Manchester. I've got my own gym locally [in Lincolnshire]. I eat fish and rice or chicken and rice with veg or, if my mum is doing something nice, I'll steam into that. Recently she made Italian chicken with pasta. I eat out quite a lot. You can eat healthy at a restaurant, there's an Italian I use quite a lot where I'll have steak with salad, and a chicken place like Nando's where I order the chicken and rice.

Doctor's orders:

Having a structured time for dinner would be beneficial as eating too late at night (especially large portions of carbohydrate such as pasta) could make it harder to lose body fat in the long term. If dinner is at 6-7pm, then it is still useful to consume protein prior to sleep.

SNACKS

I snack on fruit throughout the day. I eat straight after my first gym session, a big snack, maybe a jacket potato with some salad or chicken breast with salad. I'll eat that within half an hour or an hour. I always feel hungry after a good session, but then I won't eat until my next session or – if it's been four-five hours – I will have a banana 10-20 minutes before I go to the gym. I like to feel something in my stomach before I train.

Doctor's orders:

Fruit is a good snack but adding some Greek yoghurt to it would make it a more complete snack as it would also provide protein. As a general guide, it's good to get into the habit of eating/snacking every three hours, this will help provide a continual supply of protein to the muscles and will also keep hunger under control so that you don't potentially over-eat at the next main meal.

EXTRAS

I don't use many supplements. All they are is food supplements so surely I'm better off having proper food. Always after the weigh-in I'll have dioralytes and energy drinks for recovery.

Doctor's orders:

It is true that a sound diet should achieve all nutritional goals. Nevertheless, whey protein can be beneficial for convenience purposes to help recovery and other supplements such as beta-alanine could be beneficial for competition. Vitamin D supplementation is also useful as many UK athletes are deficient in this vitamin.



HEAVYWEIGHT

over 200lbs/14st 4lbs

- 1 VLADIMIR KLITSCHKO 63-3 (UKR)
- 2 ALEXANDER POVETKIN 28-1 (RUS)
- 3 DEONTAY WILDER 33-0 (USA)
- 4 KUBRAT PULEV 20-1 (BGR)
- 5 VYACHESLAV GLAZKOV 20-0-1 (UKR)
- 6 BERMANE STIVERNE 24-2-1 (CAN)
- 7 CARLOS TAKAM 30-2-1 (CMR)
- 8 TONY THOMPSON 40-5 (USA)
- 9 TYSON FURY 24-0 (ENG)
- 10 CHRIS ARREOLA 36-4 (USA)

CRUISERWEIGHT

200lbs/14st 4lbs

- 1 MARCO HUCK 38-2-1 (GER)
- 2 YOAN PABLO HERNANDEZ 29-1 (CUB)
- 3 OLA AFOLABI 21-3-4 (ENG)
- 4 GRIGORY DROZD 39-1 (RUS)
- 5 DENIS LEBEDEV 26-2 (RUS) [above]
- 6 KRZYSZTOF WŁODARCZYK 49-3-1 (POL)
- 7 FIRAT ARSLAN 34-8-2 (GER)
- 8 THABISO MCHUNU 17-1 (RSA)
- 9 RAKHIM CHAKHKIEV 21-1 (RUS)
- 10 TONY BELLEW 23-2-1 (ENG)

LIGHT-HEAVYWEIGHT

175lbs/12st 7lbs

- 1 SERGEY KOVALEV 27-0-1 (RUS)
- 2 ADONIS STEVENSON 25-1 (CAN)
- 3 BERNARD HOPKINS 55-7-2 (USA)
- 4 JEAN PASCAL 29-3-1 (CAN)
- 5 JUERGEN BRAEMMER 45-2 (GER)
- 6 ANDRZEJ FONFARA 26-3 (POL)
- 7 ARTUR BETERBIEV 7-0 (RUS)
- 8 ISAAC CHILEMBA 24-2-2 (MAW)
- 9 TOMMY KARPENCY 24-4-1 (USA)
- 10 CHAD DAWSON 32-4 (USA)

SUPER-MIDDLEWEIGHT

168lbs/12st

- 1 CARL FROCH 33-2 (ENG)
- 2 ARTHUR ABRAHAM 42-4 (GER)
- 3 ROBERT STIEGLITZ 47-4-1 (GER)
- 4 GEORGE GROVES 21-2 (ENG)
- 5 ANTHONY DIRRELL 27-0-1 (USA)
- 6 SAKIO BIKA 32-6-3 (AUS)
- 7 JAMES DEGALE 20-1 (ENG)
- 8 FELIX STURM 39-4-3 (GER)
- 9 GILBERTO RAMIREZ 31-0 (MEX)
- 10 ANDRE DIRRELL 23-1 (USA)



MIDDLEWEIGHT

160lbs/11st 6lbs

- 1 MIGUEL COTTO 39-4 (PRI)
- 2 GENNADY GOLOVKIN 32-0 (KAZ)
- 3 SERGIO MARTINEZ 51-3-2 (ARG)
- 4 DANIEL GEALE 31-3 (AUS)
- 5 JERMAIN TAYLOR 33-4-1 (USA)
- 6 SAM SOLIMAN 44-12 (AUS)
- 7 MARTIN MURRAY 29-2-1 (ENG)
- 8 PETER QUILLIN 31-0 (USA)
- 9 ANDY LEE 34-2 (IRL)
- 10 DAVID LEMIEUX 33-2 (CAN)



LIGHTWEIGHT

135lbs/9st 9lbs

- 1 TERENCE CRAWFORD 25-0 (USA)
- 2 MICKEY BEV 21-1-1 (USA)
- 3 MIGUEL VAZQUEZ 35-4 (MEX)
- 4 RICHAR ABRIL 19-3-1 (CUB)
- 5 RAYMUNDO BELTRAN 29-7-1 (MEX)
- 6 DEJAN ZLATICANIN 20-0 (MNE)
- 7 YURIORKIS GAMBOA 24-1 (CUB)
- 8 OMAR FIGUEROA 24-0-1 (USA)
- 9 KEVIN MITCHELL 39-2 (ENG)
- 10 DENIS SHAFIKOV 35-1-1 (RUS)



SUPER-FLYWEIGHT

115lbs/8st 3lbs

- 1 NAOYA INOUE 8-0 (JPN)
- 2 OMAR ANDRES NARVAEZ 43-2-2 (ARG)
- 3 CARLOS CUADRAS 31-0-1 (MEX)
- 4 SRISAKET SOR RUNGVISAI 32-4-1 (THA)
- 5 ZOLANI TETE 20-3 (RSA) [above]
- 6 KOHEI KONO 30-8-1 (JPN)
- 7 NORBERTO JIMENEZ 20-8-4 (DOM)
- 8 DAVID SANCHEZ 27-2-2 (MEX)
- 9 ARTHUR VILLANUEVA 26-0 (PHL)
- 10 FELIPE ORUCUTA 29-3 (MEX)

LIGHT-MIDDLEWEIGHT

154lbs/11st

- 1 SAUL ALVAREZ 44-1-1 (MEX)
- 2 ERISLANDY LARA 20-2-2 (CUB)
- 3 AUSTIN TROUT 28-2 (USA)
- 4 CORNELIUS BUNDRAKE 34-5 (USA)
- 5 CARLOS MOLINA 22-6-2 (USA)
- 6 ISHE SMITH 26-7 (USA)
- 7 DEMETRIUS ANDRADE 21-0 (USA)
- 8 VANES MARTIROSYAN 35-1-1 (USA)
- 9 JERMELL CHARLO 25-0 (USA)
- 10 JERMALL CHARLO 20-0 (USA)

SUPER-FEATHERWEIGHT

130lbs/9st 4lbs

- 1 TAKASHI UCHIYAMA 22-0-1 (JPN)
- 2 TAKASHI MIURA 28-2-2 (JPN)
- 3 RANCES BARTHELEMY 21-0 (CUB)
- 4 FRANCISCO VARGAS 22-0-1 (MEX)
- 5 BRYAN VASQUEZ 34-1 (CRI)
- 6 SERGIO THOMPSON 30-4 (MEX)
- 7 ADRIAN ESTRELLA 21-0 (MEX)
- 8 ORLANDO SALIDO 42-12-2 (MEX)
- 9 JAVIER FORTUNA 27-0-1 (DOM)
- 10 JOSE PEDRAZA 19-0 (PRI)

WELTERWEIGHT

147lbs/10st 7lbs

- 1 FLOYD MAYWEATHER 47-0 (USA)
- 2 MANNY PACQUIAO 57-5-2 (PHL)
- 3 TIMOTHY BRADLEY 31-1-1 (USA)
- 4 JUAN MANUEL MARQUEZ 56-7-1 (MEX)
- 5 KELL BROOK 33-0 (ENG)
- 6 AMIR KHAN 30-3 (ENG)
- 7 SHAWN PORTER 25-1-1 (USA)
- 8 MARCOS MAIDANA 35-5 (ARG)
- 9 KEITH THURMAN 25-0 (USA)
- 10 ROBERT GUERRERO 32-3-1 (USA)

FEATHERWEIGHT

126lbs/9st

- 1 JHONNY GONZALEZ 57-8 (MEX)
- 2 NICHOLAS WALTERS 25-0 (JAM)
- 3 NONITO DONAIRE 33-3 (PHL)
- 4 SIMPIWE VETYEGA 26-3 (RSA)
- 5 ABNER MARES 29-1-1 (MEX)
- 6 EVGENY GRADOVICH 20-0 (RUS)
- 7 VASYL LOMACHENKO 3-1 (UKR)
- 8 JAYSON VELEN 22-0-1 (PRI)
- 9 JESUS CUELLAR 26-1 (ARG)
- 10 ROBINSON CASTELLANOS 21-10 (MEX)

LIGHT-WELTERWEIGHT

140lbs/10st

- 1 DANNY GARCIA 29-0 (USA)
- 2 LUCAS MATTYSSSE 36-3 (ARG)
- 3 LAMONT PETERSON 33-2-1 (USA)
- 4 CHRIS ALGIERI 20-1 (USA) [above]
- 5 RUSLAN PROVODNIKOV 24-3 (RUS)
- 6 JESSIE VARGAS 26-0 (USA)
- 7 VIKTOR POSTOL 26-0 (UKR)
- 8 KHABIB ALLAKHVERDIEV 19-1 (RUS)
- 9 JOSE BENAVIDEZ 22-0 (USA)
- 10 MAURICIO HERRERA 21-5 (USA)

SUPER-BANTAMWEIGHT

122lbs/8st 10lbs

- 1 GUILLERMO RIGONDEAUX 15-0 (CUB)
- 2 CARL FRAMPTON 20-0 (NIR)
- 3 LEO SANTA CRUZ 29-0-1 (MEX)
- 4 SCOTT QUIGG 30-0-2 (ENG)
- 5 KIKO MARTINEZ 32-5 (SPA)
- 6 CHRIS AVALOS 25-3 (USA)
- 7 GENESIS SERVANIA 26-0 (PHL)
- 8 ANDRES GUTIERREZ 31-0-1 (MEX)
- 9 ENRIQUE QUEVEDO 16-7-1 (MEX)
- 10 HISASHI AMAGASA 28-5-2 (JPN)

BANTAMWEIGHT

118lbs/8st 6lbs

- 1 SHINSUKE YAMANAKA 22-0-2 (JPN)
- 2 JUAN CARLOS PAYANO 16-0 (DOM)
- 3 ANSELMO MORENO 35-3-1 (PAN)
- 4 KOKI KAMEDA 33-1 (JPN)
- 5 JAMIE McDONELL 25-2-1 (ENG)
- 6 TOMOKI KAMEDA 31-0 (JPN)
- 7 MALCOLM TUNACAO 35-3-3 (PHL)
- 8 RANDY CABALLERO 22-0 (USA)
- 9 JULIO CEJA 29-1 (MEX) [above]
- 10 RODRIGO GUERRERO 22-5-1 (MEX)

LIGHT-FLYWEIGHT

108lbs/7st 10lbs

- 1 DONNIE NIETES 34-1-4 (PHL)
- 2 PEDRO GUEVARA 24-1-1 (MEX)
- 3 ADRIAN HERNANDEZ 30-3-1 (MEX)
- 4 MOISES FUENTES 20-2-1 (MEX)
- 5 RYOICHI TAGUCHI 21-2-1 (JPN)
- 6 ALBERTO ROSSEL 32-9 (PER)
- 7 JAVIER MENDOZA 23-2-1 (MEX)
- 8 GANIGAN LOPEZ 25-5 (MEX)
- 9 REY LORETO 19-13 (PHL)
- 10 RAMON GARCIA HIRALES 20-5-1 (MEX)

STRAWWEIGHT

105lbs/7st 7lbs

- 1 HEKKIE BUDLER 28-1 (RSA)
- 2 WANHENG MENAYOTHIN 37-0 (THA)
- 3 KATSUNARI TAKAYAMA 28-7 (JPN)
- 4 OSWALDO NOVOA 14-5-1 (MEX)
- 5 XIONG ZHAO ZHONG 24-6-1 (CHN)
- 6 KNOCKOUT CP FRESHMART 10-0 (THA)
- 7 CARLOS BUITRAGO 27-1-1 (NIC)
- 8 KOSEI TANAKA 4-0 (JPN)
- 9 DENVER CUELLO 34-5-6 (PHL)
- 10 EDUARDO MARTINEZ 11-2-1 (MEX)

POUND-FOR-POUND

The best of the best

- 1 FLOYD MAYWEATHER 47-0 (USA)
- 2 MANNY PACQUIAO 57-5-2 (PHL)
- 3 TIMOTHY BRADLEY 31-1-1 (USA)
- 4 JUAN MANUEL MARQUEZ 56-7-1 (MEX)
- 5 GUILLERMO RIGONDEAUX 15-0 (CUB)
- 6 VLADIMIR KLITSCHKO 63-3 (UKR)
- 7 SERGEY KOVALEV 27-0-1 (RUS)
- 8 CARL FROCH 33-2 (ENG)
- 9 MIGUEL COTTO 39-4 (PRI)
- 10 ROMAN GONZALEZ 41-0 (NIC)

● If a fighter has been inactive for over a year, he will not be included in the rankings, unless he has a fight officially scheduled.

● Each fighter is ranked on the results they have achieved in their own specific weight division (excluding the pound-for-pound list).

● A fighter cannot be ranked in a specific weight division until he has competed in that division.

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FIGHTING FOR PEACE

The Nicola Adams effect is still going strong



John Dennen
@BoxingNewsJD
Amateur Editor

MAKING history hurts. Last year she became the first woman to win a boxing gold medal at the Commonwealth Games. It was another triumph for the Olympic gold medallist, but it was hard won. Adams had been struggling with a shoulder injury all year.

"I was actually saying to the physio today, I really don't know how I was putting up with the pain of boxing with the shoulder being as bad as it was. I had torn away some of the capsule and detached the bicep from my shoulder. The only reason I could lift my arm was because the bicep attaches in two places. I was in a lot of pain. From January I wasn't able to sleep on my left side, just in constant agony all the time, but I was just determined to box in the Commonwealth Games and get that little piece of history for the fans," Nicola said.

"It was pretty stressful. I remember thinking to myself going through each round of the competition, it's not like

athletics where you can say, 'I've got an injured shoulder so if I don't do well that's why.' Because if you say that in boxing, you can guarantee that's the first place they're going to attack. I didn't want that so I was like, 'I'm perfectly fine, I'm going to go in there and give 100 percent.' But I just knew I wanted to win. I knew if I changed my style of boxing as well to help my shoulder, I knew that if I worked quite tactically I could get through and do just enough to win each competition."

Her Commonwealth Games triumph was a major highlight but in 2014 she lost in the quarter-final of the European championships beforehand and afterwards her shoulder operation meant she couldn't enter the World championships. But, after completing her rehabilitation, Adams is ready to compete again this year."

The timing's coming back, everything's coming together really well now.

It feels 10 times better than it did before the operation," she said. "We've got the European Games so I'm really excited, looking forward to that, to get in amongst the other countries and seeing what's going on, seeing how many upgrades they've had since we last competed.

"I'm looking forward to qualifying and getting on the plane to Rio," she added. "I think it's going to be nice competing with two arms instead of just one."

In the run-up to the next Olympic Games, Adams will be an ambassador for Fight For Peace, a charity which uses boxing and martial arts to help young people get into education and find employment. Fight For Peace is based in Rio de Janeiro and London but is spreading its programme worldwide.

Last week, to announce her role, she spent a day at the Fight For Peace headquarters in London, speaking to the young people in one of the classrooms

Photos: BRUCE BASUDDE/FIGHT FOR PEACE



Just got best boxer of the tournament!

Three good performances, over the moon. Thanks for the support.

Liverpool's PETER McGRAIL gets his senior international career off to a great start at the Gee Bee tournament in Finland. See www.boxingnewsonline.net for more on the competition.

Boxing Thursday at York Hall, Bethnal Green, 5 Old Ford Road, London, E2 9PJ. Boxing starts at 8pm. £15 adults, £10 children.

Light-heavyweight JOSHUA BUATSI makes his debut in the World Series of Boxing this week as the British Lionhearts meet the Morocco Atlas Lions.

Visit www.boxingnewsonline.net for the team line-ups.



Photo: ACTION IMAGES/REUTERS/RUSSELL CHEYNE

there, viewing the site which will become there new facility and seeing the packed out boxing gym.

"I just think it's nice that there's an organisation like this. You can have all the drive and desire you want but without people around you to help you get there, you'll just never achieve it. You can go in and do Muay Thai [kickboxing] or MMA or boxing and get help with everything else around that. Maybe your parents can't afford to get you here and there's help for that as well."

"It's nice to have somewhere you can go and you have people to talk to and their situations and their problems and

'I JUST FEEL REALLY PASSIONATE ABOUT IT, IT REALLY HITS HOME FOR ME'

AGONY:
Adams fights through the pain [above] and joins Fight For Peace



everything that they're dealing with as well as being able to train and have fun and get an education as well.

"I just feel really, really passionate about the organisation, it just really hits home for me and being able to be an ambassador as well and to inspire more people and more girls to get involved is absolutely an honour for me and if I'm able to achieve that I'll be overwhelmed," she said.

"It's just nice to be able to think that you can go somewhere and inspire somebody to do that little bit more or go that little bit further or think, you know what, I can go into that job or I can go get that job. [That] is just amazing."

Inspiration goes both ways too. The wide support Adams gets helps her raise her game. "It inspires me to do more and do better. There's actually a guy on Twitter, he's been saving up since 2012 to go to Rio to watch me compete," she added. "It's really given me motivation to think that I actually do mean a lot to a lot of people that maybe I didn't even realise."

For more on Fight For Peace, visit www.boxingnewsonline.net.

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COACH'S CORNER

MAKING THE SACRIFICE



Terry McCormack

LOCHEND ABC

EVERYTHING is superb at the club at the moment. We've been getting ready for the Scottish championships, so we're quite busy. Preparation has gone really well, we've had a lot of good sparring with the guys, getting them ready. We're just trying to get them all ready for the different opponents, southpaws and orthodox, so we've got to find various different sparring partners, but everything is going fine. I'm confident of our chances, we're doing really well.

We've got a young guy coming through, Matty McChale, a first-year senior. I can see big things for him. He joins Johanna Ryan, Stephen Tiffney, Lewis Benson and Tommy Philbin in the finals on March 28. All the focus is on the Scottish championships at the moment, then it will probably be the British championships after that.

Our Youth, Tylar Gibson, won gold last weekend meaning he will represent Scotland in the GB Youth championships next month.

Josh Taylor winning gold at the Commonwealth Games last year was great for the gym as well. We always wanted that gold and it was a great relief. The gym's packed out now, we've actually got a waiting list for the kids' class.

With a boxer, I do my job and they do their job. They've got to be disciplined, which Josh was. They've got to put the hard work in and when they get to a certain age they go out, they party and they put off fighting, so it's more of a team effort.

With Josh, he left school and decided he wanted to be a champion. He came in the gym every day, he didn't work, I supported him, his mum and dad supported him and he trained every day. So that's a bonus, if you can get the kid to do that.

HEADBANGERS

Photo: STEFAN JOHNSON/WSB

Ukraine and Britain collide in the WSB



John Dennen

RINGSIDE

+ BETHNAL GREEN

MARCH 12

THE British Lionhearts suffered a fifth consecutive loss in the World Series of Boxing as the Ukraine Otamans came to York Hall, with raucous support in tow, and won the team match 4-1.

Qais Ashfaq was unfortunate against **Mykola Butsenko**, an experienced bantamweight. In a close contest, the Ukrainian opened a bad cut over Ashfaq's right eye with a headbutt. He piled in with the head again, worsening the injury and prompting the doctor to withdraw Ashfaq in the fifth and last round. It should have gone to the scorecards but instead the referee decided a punch had done the damage and awarded Butsenko a controversial stoppage victory.

"I should have won the fight," Ashfaq said. "I outboxed him. Apart from getting caught with headbutts I didn't do anything wrong. They were good headbutts, I felt them!"



Light-welterweight **Sam Maxwell** came back from a bitterly disappointing loss to Mexico last time out to dominate **Mger Organisian**, sustaining barrages of quality attacks at range throughout.

At middleweight, **Antony Fowler** came up against an Uzbek southpaw. With a nimble, tactically astute performance, **Hurshidbek Normatov** thwarted the Liverpudlian's attempts to engage. The Otamans' Normatov won a unanimous decision. "I found it so awkward to land my

jab," Fowler said. "I think I got exposed tonight for a lack of southpaw sparring. The better man won on the day."

After **Denys Poyatsky** suffered a cut after an accidental head-clash, the Ukrainian was given the technical decision win over the Lionhearts' Romanian heavyweight **Ionut-Mirel Jitaru**. Ashley Williams was withdrawn at light-fly meaning the Otamans' Hasanboy Dustmatov claimed a walkover.

The Lionhearts return to York Hall on Thursday (March 19) to face the Morocco Atlas Lions.

LION'S LAST ROAR



Daniel Herbert

RINGSIDE

+ HOXTON

FEBRUARY 27

LION held its last show at its Pitfield Street base before the site is turned into flats and the club relocates nearby. The 17 bouts saw two wins for the hosts including youth **Jack Farmer**,

having his first contest for two years, while Francis Barrett, a 1997 ABA champ, was on hand to see a win for his schoolboy son **Shaun Barrett** (Hooks).

RESULTS (Lion unless stated):

Schoolboy 3 x 1 1/2: SHAUN BARRETT (Hooks) outpd Tidy O'Donnell (Hooks) split; FRED MOSS (Repton) stpd Gerard McDonagh 3rd; DAVEY BEANEY (Westtree) outpd Michael McDonagh split; JACK OLIPHANT (Repton) stpd Jordan Moore 3rd.

Youth 3 x 2: JACK FARMER outpd Harry Mitchell (Isle of Thanet) unan; JAMES COOK (Danson) outpd Mitchell Scott Palmers (BA) split; JOE BRYANT (Braintree) stpd Herbert Opoku 2nd; BILLY O'DONNELL (Hooks) stpd Tommy Ngo 2nd. **Senior 3 x 2:** CONNOR HOLLOWAY (Attleborough) stpd Andrew Farley (Bexley) 3rd.

EUROPEAN RATINGS

As of March 13. Compiled by **Malcolm Meredith** and **Santiago Nieva**

SUPER-HEAVYWEIGHT 91•kgs

- 1 MAGOMEDRASUL MEDZHIDOV (Azerbaijan)
- 2 ARSLANBEK MAHMUDOV (Russia)
- 3 JOE JOYCE (England)
- 4 FILIP HRGOVIC (Croatia)
- 5 GASAN GIMBATOV (Russia)
- 6 MAXIM BABANIN (Russia)
- 7 MAGOMED OMAROV (Russia)
- 8 FRAZER CLARKE (England)
- 9 PETAR BELBEROV (Bulgaria)
- 10 GADZHI MURTAZALIEV (Russia)

HEAVYWEIGHT 91kgs

- 1 CLEMENTE RUSSO (Italy)
- 2 EVGENIY TISHCHENKO (Russia)
- 3 TEYMUR MAMMADOV (Azerbaijan)
- 4 SIARHEI KARNEYEU (Belarus)
- 5 SERGEY KALCHUGIN (Russia)
- 6 ABDULKADIR ABDULLAYEV (Azerbaijan)
- 7 ALEXEY EGOREV (Russia)
- 8 DENIS POTYATSIKA (Ukraine)
- 9 EMIR AHMATOVIC (Germany)
- 10 TERVEL PULEV (Bulgaria)

LIGHT-HEAVYWEIGHT 81kgs

- 1 JOE WARD (Ireland)
- 2 NIKITA IVANOV (Russia)
- 3 HRVOJE SEP (Croatia)
- 4 SERGEJ MICHEL (Germany)
- 5 OLEXANDR KHIZHNTAK (Ukraine)
- 6 PETER MULLENBERG (Holland)
- 7 JABA KHOCITASHVILI (Georgia)
- 8 ANDREY EGOREV (Russia)
- 9 EDUARD YAKUSHEV (Russia)
- 10 VALENTINO MANFREDONIA (Italy)

MIDDLEWEIGHT 75kgs

- 1 ARTEM CHEBOTAREV (Russia)
- 2 CHRISTIAN M'BILLI ASSOMO (France)
- 3 PETR KHAMUKOV (Russia)

BOGDAN JURATONI (Romania)

- 5 ANTONY FOWLER (England)
- 6 CATALIN PARACHEVEANU (Romania)
- 7 ANDREY KOVALCHUK (Russia)
- 8 MAXIM KOPTYAKOV (Russia)
- 9 MAXIM GAZIZOV (Russia)
- 10 JOSEF ATTANJAOUI (Germany)

WELTERWEIGHT 69kgs

- 1 ARAYK MARUTYAN (Germany)
- 2 ALEXANDR BESPUTIN (Russia)
- 3 RADZHAB BUTAYEV (Russia)
- 4 SIMEON CHAMOV (Bulgaria)
- 5 SOLEYMANE CISSOKHO (France)
- 6 YAROSLAV SAMOFAZOV (Ukraine)
- 7 EVGEN BARABANOV (Ukraine)
- 8 CHABANE FEHIM (France)
- 9 ABBAS BARAOU (Germany)
- 10 ANDREY ZAMKOVY (Russia)

LIGHT-WELTERWEIGHT 64kgs

- 1 GAYBATULLA HAJIALIYEV (Azerbaijan)
- 2 VITALY DUNAYTSEV (Russia)
- 3 ARMEN ZAKARYAN (Russia)
- 4 DENIS BERINCHYK (Ukraine)
- 5 VINCENZO MANGIACAPRE (Italy)
- 6 JOSH TAYLOR (Scotland)
- 7 SAM MAXWELL (England)
- 8 KASTRIOT SOPA (Germany)
- 9 EVALDAS PETRAUSKAS (Lithuania)
- 10 FLORENTIN NICULESCU (Romania)

LIGHTWEIGHT 60kgs

- 1 ALBERT SELIMOV (Russia)
- 2 DOMENICO VALENTINO (Italy)
- 3 DAVID OLIVER JOYCE (Ireland)
- 4 DMITRIY POLYANSKIY (Russia)
- 5 ELVIN ISAYEV (Azerbaijan)
- 6 OLEG PRUDKIY (Ukraine)
- 7 DMYTRO RUDENKO (Ukraine)

DMYTRO CHERNYAK (Ukraine)

- 9 JOE CORDINA (Wales)
- 10 ADLAN ABDURASHIDOV (Russia)

BANTAMWEIGHT 56kgs

- 1 CAVID CHELEBIYEV (Azerbaijan)
- 2 VLADIMIR NIKITIN (Russia)
- 3 KHEDAFI DJELKHIR (France)
- 4 MICHAEL CONLAN (Ireland)
- 5 MAGOMED KURBANOV (Russia)
- 6 MYKOLA BUTSENKO (Ukraine)
- 7 QAIS ASHFAQ (England)
- 8 EDUARD ABZALIMOV (Russia)
- 9 SERGEY VODOPYANOV (Russia)
- 10 BAKHTOVAR NAZIROV (Russia)

FLYWEIGHT 52kgs

- 1 MISHA ALOIAN (Russia)
- 2 ANDREW SELBY (Wales)
- 3 REECE McFADDEN (Scotland)
- 4 ELVIN MAMISHZADE (Azerbaijan)
- 5 DANIEL ASENOV (Bulgaria)
- 6 ALEXANDER RISCAN (Moldova)
- 7 VASILII VETKIN (Russia)
- 8 VYACHESLAV TASHKARAKOV (Russia)
- 9 STEFAN IVANOV (Bulgaria)
- 10 OVIK OGANNISYAN (Russia)

LIGHT-FLYWEIGHT 49kgs

- 1 PADDY BARNES (Ireland)
- 2 VASILY EGOREV (Russia)
- 3 DAVID AYRAPETYAN (Russia)
- 4 ALEXANDR SAMOYLOV (Russia)
- 5 BELIK GALANOV (Russia)
- 6 VALENTIN CHEBOCHAKOV (Russia)
- 7 SALMAN ALIZADE (Azerbaijan)
- 8 MANUEL CAPPAI (Italy)
- 9 BASYZBEK BARATOV (Russia)
- 10 KHAMZA NAMETOV (Russia)



AIMING HIGH:
Robinson prepares
to win the
middleweight title
for a fifth time

THIS WEEK IN
1958
Boxing History

'SUGARMAN' IGNORED

Ray's Basilio challenge doesn't make front page, writes Daniel Herbert

EDITING a publication involves making choices, and sometimes choices made seem downright weird years later. Thus it was that the front page of our March 21 issue 57 years ago featured pictures of Welsh heavyweight Dick Richardson and South African lightweight Willie Towell ahead of their bouts at London's Empress Hall the following Tuesday.

Not mentioned on the cover was that Sugar Ray Robinson was bidding to

become world middleweight champion for the fifth time, challenging Carmen Basilio in a return! At least our preview occupied much of page 11 and went into some detail, noting that the "Sugarman" had won the 160lb crown three times in Chicago Stadium, where the Basilio fight would be taking place.

Wrote Keith Howard, "Sugar Ray Robinson has achieved the impossible more times than any other fighter.

And he has achieved it more often in Chicago Stadium, the world's largest indoor arena, than anywhere else." In contrast, Basilio had "never won a fight in the Windy City. Chuck Davey, Billy Graham and Johnny Saxton all licked Carmen in his three previous visits to the shores of Lake Michigan."

Howard picked Robinson to triumph inside the distance but Ray had to settle for a points victory.

JONES HAS IT EASY

THERE were bizarre goings-on at the first leg of the Midland Counties Championships, part of the annual national ABA tournament. Albert Jones, a 32-year-old with the Wilmot Breeden club, won the Midlands title for the sixth time - but, we wrote, "He will never have an easier title."

Why? Well, "Of the other seven entries in his division, four were overweight, and three did not put in an appearance."

So Albert, who had been ABA national champion back in 1950, retained his title on a walkover at the Austin Works, Birmingham. Four other 1957 winners kept their Midlands crowns: feather Bobby Taylor, light-welter Reg Tinkler, light-middle Jackie Wood and light-heavy Jimmy Blanche.

Our unnamed reporter said that, "Tough Tinkler, new Midland cap, justified his title of being Birmingham's most improved boxer of the season. He beat Stoke's Cyril Harte in the final."

DOWNES ROARS BACK

TERRY DOWNES was still several years away from becoming world middleweight champion when he took on Tunisia's Ben Salah Farhat at Leyton's Super Baths, but the Paddington hope was still good enough to emerge victorious.

We said that "after four rounds of terrific free-for-all action Ben Salah gave up the sponge and it was a reluctant fighter who was almost pushed from his stool at the start of the fifth to offer only passive resistance to Downes. Referee Bill Williams intervened

after less than half a minute to stop what had become anything but a contest."

Yet read further into the report and you discover that Downes had been dropped twice; both times it was a big right swing that made Terry go down for eight seconds' respite. But the former US Marine showed his mettle by roaring back to hammer the fight out of his Tunisian rival, who "looked thoroughly chastised when he made his way back to his corner" at the end of round four.

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NURI SEFERI

Paul Wheeler talks to a fan of two heavyweight greats

When and why you started boxing:

I was 18 years old when I started boxing. Before this I'd practised Greco-Roman wrestling. I was inspired to box by watching Muhammad Ali and Mike Tyson on television, as well as the Rocky movies.

Favourite all-time fighter:

Muhammad Ali, because he's a gentleman and he motivated me to start boxing, and Mike Tyson, because he was a real war machine with a lot of passion in the ring.

Best fight you've seen:

Mike Tyson-Evander Holyfield I [an 11th-session stoppage win for the latter in November 1996]. It was so exciting to watch a fight between the two best boxers in the world at the time.

Personal career highlight:

Winning the WBO European championship [with a unanimous points victory over Sandro Siproshvili in June 2010] and being ranked at number three in the WBO cruiserweight ratings.

Toughest opponent:

In June 2006, I faced the current WBO cruiserweight champion, Marco Huck [I ud 10]. The fight came at very short notice. It was really tough as I only had two weeks to prepare.

Best and worst attributes as a boxer:

I'm mentally and physically strong, and I have no weaknesses.

Training tip:

Boxing is a combination of technical skill, stamina, endurance, and strategic thinking, plus it keeps you fit. You need to be courageous, diligent and passionate about the sport in order to succeed.

Photo: ALEXANDER HASSENSTEIN/BONGARTS/GETTY IMAGES



FAST FACTS

Age: 38 **Twitter:** @NuriSeferi **Nickname:** Albanian Tyson **Height:** 5ft 11ins **Nationality:** Macedonian-Albanian **From:** Burgdorf, Switzerland **Stance:** Orthodox **Record:** 36-7 (20) **Division:** Cruiserweight **Titles:** WBO European **Next fight:** Seferi is aiming to rebound following a unanimous points loss to Krzysztof Glowacki in January.

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